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Root mean square value in ac

Square root of average of square of instantaneous current

Derivation of root mean square value in ac

$$\begin{aligned}i &= I \cos(\omega t) \\i^2 &= I^2 \cos^2(\omega t) \\i^2 &= I^2 \frac{1}{2} (1 + \cos 2\omega t) \\i^2 &= \frac{1}{2} I^2 + \frac{1}{2} I^2 \cos 2\omega t \\I_{rms} &= \frac{I}{\sqrt{2}}\end{aligned}$$

Expression for root mean square value in ac

$$I_{rms} = \frac{I}{\sqrt{2}}$$

Expression for root mean square value in ac in terms of magnitude

$$I_{rms} = 1.41 \times I$$