

# Finite Element Methods 1

- Website: <https://www.karlin.mff.cuni.cz/~congreve/Teaching.php?c=WS2023-FEM1>
- Exam 30 minute oral examination on topics from lectures
- Practical course credit:
  - 4 homeworks during semester
  - Credit if achieve 50% or more

## Sobolev Spaces

- Needed for FEM, recap, more detailed in diff. eqns. course
- $\Omega \subset \mathbb{R}^n, n \geq 1$  - bounded domain (bounded, open & connected set)
  - $C(\Omega)$  - set of real continuous functions in  $\Omega$
  - $C^k(\Omega), k \in \mathbb{N}$  - subset of  $C(\Omega)$  having continuous derivative upto order  $k$ .
  - For  $v \in C^k(\Omega)$ , define multi-index  $\alpha = (\alpha_1, \dots, \alpha_n), \alpha_i \in \mathbb{N}_0$ ,  
 $|\alpha| := \alpha_1 + \dots + \alpha_n \leq k$   
 $D^\alpha v := \frac{\partial^{|\alpha|} v}{\partial x_1^{\alpha_1} \dots \partial x_n^{\alpha_n}}$
  - $C^\infty(\Omega)$  - set of infinitely smooth functions (i.e. belong to  $C^k(\Omega) \forall k \in \mathbb{N}$ )
  - $C_0^\infty(\Omega) = \overline{\{v \in C^\infty(\Omega) : \text{supp } v \subset \Omega\}}$   
 $\text{supp } v = \{x \in \Omega, v(x) \neq 0\}$   
- set of infinitely smooth functions with compact support.
  - Define  $L^p(\Omega)$  with  $p \in [1, \infty)$  (Lebesgue Space)  
 $L^p(\Omega) := \left\{ v : \Omega \rightarrow \mathbb{R} : v \text{ measurable}, \int_{\Omega} |v(x)|^p dx < \infty \right\}$

→ Banach space with norm

$$\|v\|_{L^p(\mathbb{R})} = \left( \int_{\mathbb{R}} |v(x)|^p dx \right)^{\frac{1}{p}}$$

→  $p=2$  forms Hilbert space with norm

$$(u, v) = \int_{\mathbb{R}} u(x)v(x) dx$$

→  $p=\infty$  Banach space

$$L^\infty(\mathbb{R}) := \left\{ v: \mathbb{R} \rightarrow \mathbb{R} : v \text{ measurable}, \underset{x \in \mathbb{R}}{\text{ess sup}} |v(x)| < \infty \right\}$$

$$\|v\|_{L^\infty(\mathbb{R})} = \underset{x \in \mathbb{R}}{\text{ess sup}} |v(x)|$$

• Space of locally integrable functions

$$L^{1,\text{loc}}(\mathbb{R}) := \left\{ v: \mathbb{R} \rightarrow \mathbb{R} : v \text{ measurable}, \int_K |v(x)| dx \text{ HKC } K \text{ compact} \right\}$$

$L^p(\mathbb{R}) \subset L^{1,\text{loc}}(\mathbb{R})$  for any  $p \in [1, \infty)$ .

• Functions from  $L^{1,\text{loc}}(\mathbb{R})$  do not possess classical derivatives in general; however, interpreting them as distributions can define derivatives of arbitrary order.

• If a derivative can be identified with a function from  $(L^{1,\text{loc}}(\mathbb{R}))'$ , we call it the **weak derivative**; i.e., given multiindex  $\alpha$ , function  $v_\alpha \in L^{1,\text{loc}}(\mathbb{R})$  is the  $\alpha$ -th weak derivative of  $v \in L^{1,\text{loc}}(\mathbb{R})$  if

$$\int_{\mathbb{R}} v_\alpha \varphi dx = (-1)^{|\alpha|} \int_{\mathbb{R}} v D^\alpha \varphi dx \quad \forall \varphi \in C_0^\infty(\mathbb{R})$$

If weak derivative exists they are determined uniquely (as element of  $(L^{1,\text{loc}}(\mathbb{R}))'$ ). Note, function  $v \in C^k(\mathbb{R})$ ,  $k \in \mathbb{N}$  satisfies  $\int_{\mathbb{R}} (D^\alpha v) \varphi dx = (-1)^{|\alpha|} \int_{\mathbb{R}} v D^\alpha \varphi dx \quad \forall \varphi \in C_0^\infty(\mathbb{R})$

⇒ when classical derivatives exist they coincide with the weak derivatives.

- Will use  $D^\alpha v$  to denote weak derivatives

## Definition (Sobolev Space)

Let  $p \in [1, \infty]$ ,  $k \in \mathbb{N}_0$ , define

$$\omega_{k,p}^{\circ}(\mathbb{R}) := \{u \in L^p(\mathbb{R}) : D^\alpha u \in L^p(\mathbb{R}) \quad \forall |\alpha| \leq k\};$$

i.e., set of functions from  $L^p(\mathbb{R})$  whose weak derivatives up to  $k$  exist and belong to  $L^p(\mathbb{R})$ .

Lemma Let  $p \in [1, \infty]$ ,  $k \in \mathbb{N}_0$ . Then,  $\omega_{k,p}^{\circ}(\mathbb{R})$  is a

Banach space with respect to the norm

$$\|u\|_{k,p,\mathbb{R}} := \begin{cases} \left( \sum_{|\alpha| \leq k} \int_{\mathbb{R}} |D^\alpha u|^p dx \right)^{1/p} = \left( \sum_{|\alpha| \leq k} \|D^\alpha u\|_{L^p(\mathbb{R})}^p \right)^{1/p}, & p \in [1, \infty) \\ \max_{|\alpha| \leq k} \|D^\alpha u\|_{L^\infty(\mathbb{R})}, & p = \infty \end{cases}$$

Furthermore, we define semi-norms

$$\|u\|_{k,p,\mathbb{R}} := \begin{cases} \left( \sum_{|\alpha|=k} \|D^\alpha u\|_{L^p(\mathbb{R})}^p \right)^{1/p}, & p \in [1, \infty) \\ \max_{|\alpha|=k} \|D^\alpha u\|_{L^\infty(\mathbb{R})}, & p = \infty \end{cases}$$

Note that,  $\omega_{k,p}^{\circ}(\mathbb{R})$  is separable and for  $p \in (1, \infty)$  reflexive. Also  $\omega_{0,p}^{\circ}(\mathbb{R}) = L^p(\mathbb{R})$ ,  $\|\cdot\|_{0,p,\mathbb{R}} = \|\cdot\|_{L^p(\mathbb{R})}$

For  $p=2$   $\omega_{k,p}^{\circ}(\mathbb{R})$  is a Hilbert space with inner product

$$(u, v)_{k,\mathbb{R}} = \sum_{|\alpha| \leq k} (D^\alpha u, D^\alpha v)$$

Definition  $\omega_{0,p}^{\circ}(\mathbb{R}) = \overline{C_0^\infty(\mathbb{R})}^{\|\cdot\|_{k,p,\mathbb{R}}}$

(closure in norm  $\omega_{k,p}^{\circ}(\mathbb{R})$ -subspace)

$[\omega_{k,p}^{\circ}(\mathbb{R})]^*$  space of continuous linear functions on  $\omega_{k,p}^{\circ}(\mathbb{R})$   
(dual space)

For  $p=2$  we use notation:

$$H^k(\mathbb{R}) = \omega_{k,2}^{\circ}(\mathbb{R}), H_0^k(\mathbb{R}) = \omega_{0,k}^{\circ}(\mathbb{R}), \|\cdot\|_{k,\mathbb{R}} = (\|\cdot\|_{k,2,\mathbb{R}}, \|u\|_{k,\mathbb{R}} = \|u\|_{k,2,\mathbb{R}})$$

Lemma Let  $\Omega$  be bounded domain; Then, for

$u \in \mathcal{W}_0^{k,p}(\Omega)$

$$\int_{\Omega} |D^{\beta} u|^p dx \leq C \sum_{|\alpha|=k} \int_{\Omega} |D^{\alpha} u|^p dx \quad \forall |\beta| \leq k$$

where  $C$  constant depending only on  $\Omega, p$  and  $k$ .

Friedrichs inequality

$$\|u\|_{k,p,\Omega} \leq C \|u\|_{k,p,\Omega} \quad \forall u \in \mathcal{W}_0^{k,p}(\Omega)$$

Consequence Let  $\Omega$  be a bounded domain; then,

$\|\cdot\|_{k,p,\Omega}$  is a norm in  $\mathcal{W}_0^{k,p}(\Omega)$ . For  $p=2$

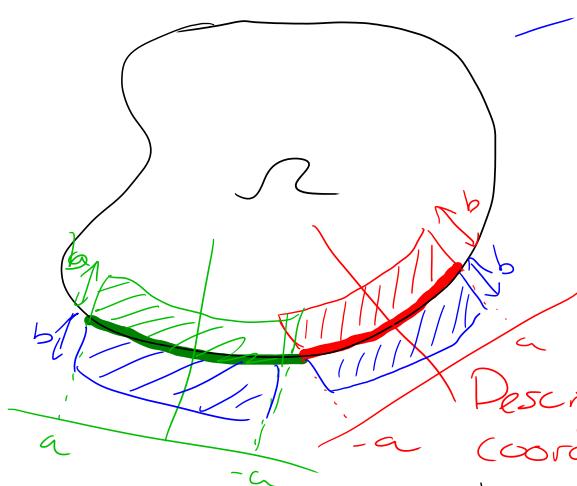
$$(u, v)_{H_0^k(\Omega)} = \sum_{|\alpha|=k} \int_{\Omega} D^{\alpha} u D^{\alpha} v dx$$

is an inner product in  $H_0^k(\Omega)$ .

$$\text{In } H_0^1(\Omega): (u, v)_{H_0^1(\Omega)} = \int_{\Omega} \nabla u \cdot \nabla v dx = (\nabla u, \nabla v) \text{ induces } \|\cdot\|_{1,\Omega}$$

- Friedrichs inequality holds for any measurable domain  $\Omega \subset \mathbb{R}^n$ ; however, other properties require assumptions on regularity of the boundary.

Boundary  $\partial \Omega \in C^{k,1}$



- bounded domain

- assume representable by a finite number of local coordinate systems

Then cover whole boundary.

$C^{k,1}$  - regularity of the functions in the local coordinate systems ( $k$  derivatives - Lipschitz continuous)

Following properties hold for all coordinate systems

- Limits in local coordinate systems  $(-a, a)$

- Strip above domain inside  $\Omega$  (width  $b$ )

- Strip below domain outside  $\Omega$  (width  $b$ )

Definition Bounded domain  $\Omega \subset \mathbb{R}^n$  ( $n \geq 2$ ) is of class  $C^{k,1}$  (with  $k \in \mathbb{N}_0$ ) if there exists a finite number of local coordinate systems  $S_1, \dots, S_M$ , functions  $f_1, \dots, f_M$ , and numbers  $a, b > 0$  such that

a) functions  $f_1, \dots, f_M$  are  $k$ -times differentiable and have Lipschitz-continuous derivative of order  $k$  on closure of the set

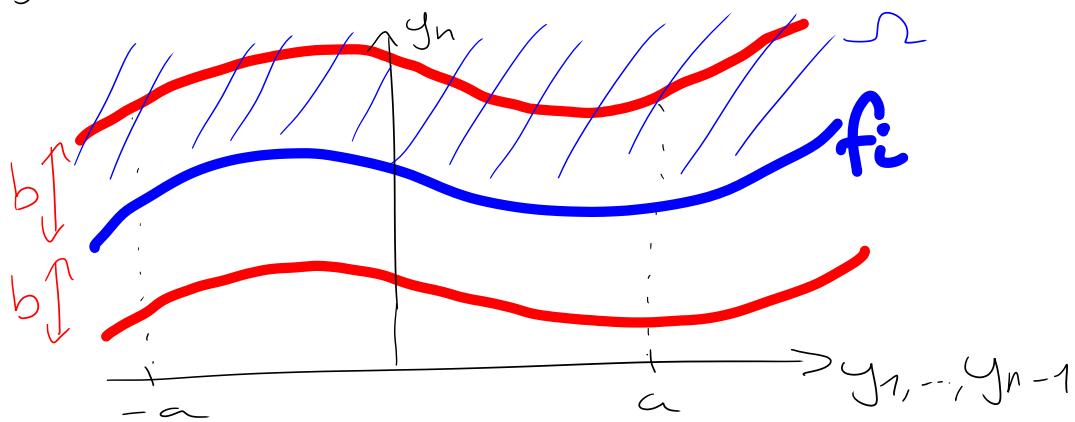
$$K_{n-1} = \{y = (y_1, \dots, y_{n-1}) : |y_j| < a, j=1, \dots, n-1\};$$

b)  $\forall x \in \partial\Omega \exists i \in \{1, \dots, M\}$  and  $y \in K_{n-1}$  such that  $x = (y, f_i(y))$  in local coordinate system  $S_i$ ,

c) in each local coordinate system  $S_i, i=1, \dots, M$

$(y, y_n) \in \Omega$  if  $y \in \overline{K_{n-1}}, f_i(y) < y_n < f_i(y) + b$

$(y, y_n) \notin \Omega$  if  $y \in \overline{K_{n-1}}, f_i(y) - b < y_n < f_i(y)$

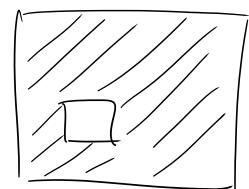
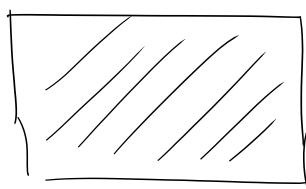


Remark If  $\Omega$  is of class  $C^{0,1}$  we say  $\Omega$  is a **Lipschitz continuous boundary**.

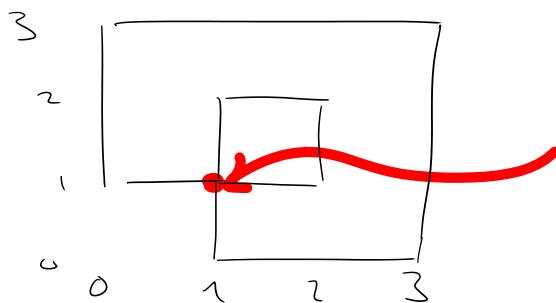
Examples

- Bounded convex domains in  $\mathbb{R}^n$  have Lipschitz-continuous boundaries

- Bounded polygonal domains in  $\mathbb{R}^2$  has Lipschitz-continuous boundaries if the boundary represents a simple curve



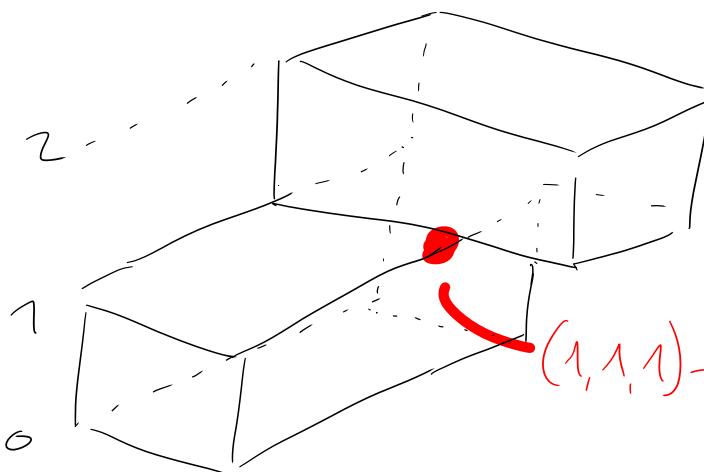
- (Counterexample):  $(0,3)^2 \setminus \{[1,2]^2 \cup [0,1]^2\}$



Not Lipschitz-continuous here

- Bounded polygonal domain in  $\mathbb{R}^3$  does not, in general, have Lipschitz-continuous boundary; e.g., interior of

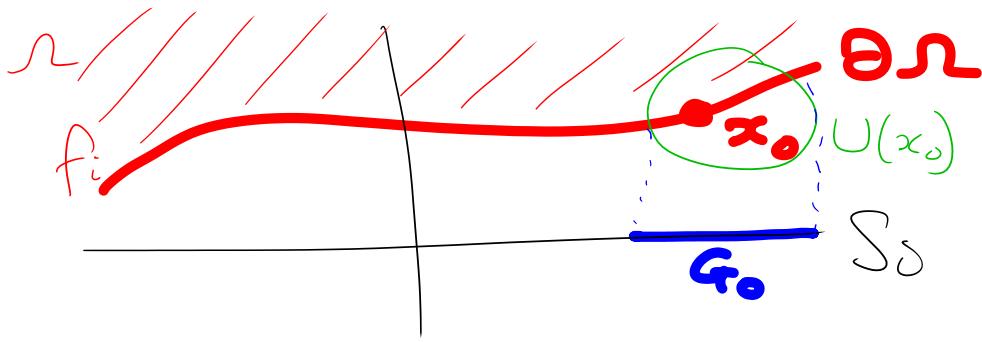
$$[0,1] \times [0,2] \times [0,1] \\ \cup [0,2] \times [1,2] \times [1,2]$$



(1,1,1)-Not Lipschitz continuous

## Surface Measure

Let  $\Omega \subset \mathbb{R}^n$  be a bounded domain with Lipschitz continuous boundary. For every point  $x_0 \in \partial\Omega$  there exists a neighbourhood  $U(x)$  such that the arc  $U(x_0) \cap \partial\Omega$  is contained in the graph of the function  $f_i$  in some coordinate system  $S_i$ .



Therefore, we define the  $(n-1)$ -dimensional Lebesgue surface measure of this area by

$$\sigma_{n-1}(U(x_0) \cap \partial\Omega) = \int_{G_0} \left(1 + \left(\frac{\partial f_i}{\partial y_1}\right)^2 + \dots + \left(\frac{\partial f_i}{\partial y_{n-1}}\right)^2\right)^{1/2} dy_{n-1} \dots dy_1$$

where  $G_0 \subset K_{n-1}$  is the projection of the surface onto the place  $y_1, \dots, y_{n-1}$ ; i.e.,  $U(x_0) \cap \partial\Omega = \{(y, f_i(y)), y \in G_0\}$

In this way, it is possible to define measurable subdomains of the boundary  $\partial\Omega$  and measurable functions on  $\partial\Omega$ . It can be shown that the surface measure does not depend on the choice of local coordinate systems.

Gauss Integral Theorem Let  $\Omega$  be a bounded domain with Lipschitz boundary and  $u \in C(\bar{\Omega}) \cap C(\bar{\Omega})$ ; then,

$$\int_{\Omega} \frac{\partial u}{\partial x_i} dx = \int_{\Omega} u \cdot n_i ds \quad i=1, \dots, n$$

$L^p$  spaces on  $\partial\Omega$  - defined analogously to on  $\mathbb{R}^n$ ; i.e,

for  $p \in [1, \infty)$  define

$$(L^p(\partial\Omega)) = \{u \text{ measurable} : \left(\int_{\partial\Omega} |u|^p ds\right)^{1/p} < \infty\}$$

Moreover,  $L^p(\partial\Omega)$  is a Banach space with norm

$$\|u\|_{L^p(\partial\Omega)} = \|u\|_{L^p(\partial\Omega)} = \left(\int_{\partial\Omega} |u|^p ds\right)^{1/p}$$

Sobolev Embedding Theorem Let  $\Omega \subset \mathbb{R}^d$  be a bounded domain with Lipschitz continuous boundary.

Consider any  $k, j \in \mathbb{N}_0$  and  $p, r \in [1, \infty)$ ; then,

$$\omega^{k,p}(\Omega) \hookrightarrow \omega^{j,r}(\Omega) \text{ if } 0 \leq j \leq k \text{ & } \frac{1}{p} - \frac{k-j}{n} \leq \frac{1}{r}$$

$$\omega^{k,p}(\Omega) \hookrightarrow \omega^j(\Omega) \text{ if } \frac{1}{p} - \frac{k-j}{n} < 0$$

(continuous embedding)

$$[\omega^{k,p}(\Omega) \hookrightarrow \omega^{j,r}(\Omega) \quad \|v\|_{j,r,\Omega} \leq C \|v\|_{k,p,\Omega} \quad \forall v \in \omega^{k,p}(\Omega)]$$

Remark  $H^1(\Omega) \hookrightarrow L^r(\Omega)$  when?

$$\begin{aligned} v \in H^1(\Omega) \Rightarrow v \in L^2(\Omega), r \in (0, 2) \\ \left( \int_{\Omega} |v|^r dx \right)^{1/r} \leq \left( \left( \int_{\Omega} |v|^{r \cdot \frac{2}{r}} dx \right)^{r/2} \left( \int_{\Omega} 1 dx \right)^{1 - \frac{r}{2}} \right)^{1/r} \\ = \|v\|_{L^2(\Omega)} |\Omega|^{1/r - 1/2} \end{aligned}$$

Condition:

$$\frac{1}{2p} - \frac{k-j}{n} \leq \frac{1}{r} < 1 \quad \begin{cases} \text{If } n=2 \Rightarrow \text{holds for any } r > 0 \\ \text{If } n=2 \Rightarrow \text{holds for } r \in (0, 6) \end{cases}$$

Theorem (Rellich-Kondrachov)

Let  $\Omega \subset \mathbb{R}^n$  be a bounded domain with Lipschitz continuous boundary. Then

$$\omega^{k,p}(\Omega) \hookrightarrow \hookrightarrow \omega^{k-1,p}(\Omega) \quad \forall k \in \mathbb{N}, p \in [1, \infty)$$

(compactly embedded)

i.e. sequence in  $\omega^{k,p}$  bounded  $\Rightarrow$  convergent subsequence in  $\omega^{k-1,p}(\Omega)$ . Seq. bounded in  $H^1(\Omega) \Rightarrow$  conv. subseq. in  $L^2(\Omega)$ .

Trace Theorem Let  $\Omega \subset \mathbb{R}^n$  be a bounded domain with Lipschitz continuous boundary. Let  $p \geq 1$ ,  $k_p < n$  and  $\frac{1}{q} = \frac{1}{p} - \frac{k_p - 1}{p(n-1)}$ . Then, there exists a unique continuous linear mapping  $\gamma: W^{k,p}(\Omega) \rightarrow L^q(\partial\Omega)$  such that

$$\gamma u = u|_{\partial\Omega} \quad \forall u \in C^\infty(\bar{\Omega}).$$

If  $k_p = n$  then  $\gamma \in \mathcal{L}(W^{k,p}(\Omega), L^q(\partial\Omega))$   $\forall q \geq 1$ . (Check!!)

Remark Continuity of  $\gamma$  implies that

$$\|\gamma u\|_{L^q(\partial\Omega)} \leq C \|u\|_{W^{k,p}(\Omega)} \quad \forall u \in W^{k,p}(\Omega)$$

- $H^1(\Omega): n=2, q \in [1, \infty); n=3, q \in [1, 4]$   
upper decreases, but  $\geq 2 \Rightarrow H^1(\Omega) \rightarrow L^2(\partial\Omega)$  always  
 $\|u\|_{H^1(\Omega)} \leq C \|u\|_{H^1(\Omega)}$

Lemma Let  $\Omega$  be a bounded domain,  $u \in W_0^{1,p}(\Omega)$ ,  $k_p < \infty$ .

Then,  $u \in W_0^{1,p}(\Omega) \iff u|_{\partial\Omega} = 0$ ;  
i.e.,  $W_0^{1,p}(\Omega)$  space of functions with zero trace.

Theorem (density) Let  $\Omega$  be bounded domain with Lipschitz continuous boundary. Let

$$R(\Omega) := \{u|_\Omega, u \in C_0^\infty(\mathbb{R}^n)\}$$

Then,  $R(\Omega)$  is dense in  $W^{k,p}(\Omega)$  for  $k \geq 0$  &  $p \in (1, \infty)$ .

Prove Gauss Integral Theorem in  $H^1(\Omega)$

Consider any  $u \in H^1(\Omega)$ . Know infinitely smooth functions are dense in  $H^1(\Omega)$ . Then,  $\exists \{u_k\}_{k=1}^\infty \subset C_0^\infty(\bar{\Omega})$  such that  $u_k \rightarrow u$  in  $H^1(\Omega)$ ; i.e.,  $\|u - u_k\|_{H^1(\Omega)} \rightarrow 0$ .

$$\Rightarrow \int_{\Omega} \frac{\partial u_k}{\partial x_i} dx = \int_{\partial\Omega} u_k n_i ds \quad i=1, \dots, n$$

$$\begin{aligned}
\left| \int_{\Omega} \frac{\partial u}{\partial x_i} dx - \int_{\partial\Omega} (u \cdot n_i) ds \right| &= \left| \int_{\Omega} \frac{\partial u}{\partial x_i} - \frac{\partial u_k}{\partial x_i} dx - \int_{\partial\Omega} (u - u_k) \cdot n_i ds \right| \\
&\leq \int_{\Omega} \left| \frac{\partial}{\partial x_i} (u - u_k) \right| dx + \int_{\partial\Omega} |u - u_k| ds \quad (|n_i| \leq 1) \\
&\leq \sqrt{\Omega} \|u - u_k\|_{L^2(\Omega)} + \sqrt{\partial\Omega} \|u - u_k\|_{L^2(\partial\Omega)} \\
&\leq \underbrace{\sqrt{\Omega} \|u - u_k\|_{L^2(\Omega)}}_{\rightarrow 0} + \underbrace{\sqrt{\partial\Omega} C \|u - u_k\|_{L^2(\partial\Omega)}}_{\rightarrow 0} \rightarrow 0 \text{ as } k \rightarrow 0
\end{aligned}$$

Lemma Let  $\Omega$  be a bounded domain with Lipschitz continuous boundary,  $G \subset \Omega$  subset with positive measure,  $T \subset \partial\Omega$  subset of boundary with positive surface measure.

Then, there exists constants  $C_1 = C_1(n, p, G, \Omega)$  and  $C_2 = C_2(n, p, T, \Omega)$  such that for any  $u \in W^{1,p}(\Omega)$ ,  $p \geq 1$ ,

$$\|u\|_{W^{1,p}(\Omega)} \leq C_1 \left( \|u\|_{L^p(\Omega)} + \left| \int_G u dx \right| \right)$$

( $p=2, G=\Omega \Rightarrow$  Poincaré inequality)

$$\|u\|_{W^{1,p}(\Omega)} \leq C_2 \left( \|u\|_{L^p(\Omega)} + \left| \int_T u ds \right| \right) \quad (\text{Friedrich's inequality})$$

Definition Let  $k \geq 0$ ,  $p \in (1, \infty)$ , we denote by  $W_0^{k,q}(\Omega)$ ,  $\frac{1}{p} + \frac{1}{q} = 1$ .  
The dual space of the Sobolev space  $W_0^{k,q}(\Omega)$ ,  $H^{-k}(\Omega)$ .  
For  $p=q=2$   $H^{-k}(\Omega) = (H_0^k(\Omega))'$ .

Prove of Poincaré

Prove  $\|u\|_{W^{1,p}(\Omega)} \leq \left( \|u\|_{L^p(\Omega)} + \left| \int_G u dx \right| \right) \quad \forall u \in W^{1,p}(\Omega)$

$G \subset \Omega$ ,  $\text{meas}(G) > 0$  (positive measure)

Prove by contradiction, assume

$\forall \epsilon > 0 \quad \exists u \in W^{1,p}(\Omega) \text{ such that}$

$$\|u\|_{W^{1,p}(\Omega)} > \left( \|u\|_{L^p(\Omega)} + \left| \int_G u dx \right| \right)$$

Construct sequence related to  $C$  (integers) ( $C = n$ )  
 $\{u_n\}_{n=1}^{\infty} \subset W^{1,p}(\Omega) : \|u_n\|_{0,p,\Omega} \geq n (\|u_n\|_{1,p,\Omega} + \|\int_G u_n dx\|)$

(can multiple inequality by any positive constant without changing validity of inequality)

So scale such that

$$\|u_n\|_{0,p,\Omega} = 1 \quad (\text{sequence bounded in } W^{1,p}(\Omega))$$

By Rellich  $W^{1,p}(\Omega) \hookrightarrow L^p(\Omega)$

$\Rightarrow \exists \{u_{n_k}\} \subset \{u_n\}$  such that  $u_{n_k} \rightarrow u \in L^p(\Omega)$

(exist convergent subsequence in  $L^p(\Omega)$ );

hence  $\{u_{n_k}\}$  is a Cauchy sequence in  $L^p(\Omega)$

$$|u_{n_k}|_{1,p,\Omega} + \left| \int_G u_{n_k} dx \right| < \frac{1}{n} \quad (\text{as } \|u_n\|_{0,p,\Omega} \leq \|u_n\|_{1,p,\Omega} = 1)$$

$\Rightarrow |u_{n_k}|_{1,p,\Omega} \rightarrow 0 \Rightarrow \{u_n\}$  is Cauchy sequence  
with respect to  $\|\cdot\|_{1,p,\Omega}$

$$\|v\|_{1,p,\Omega} = \left( \|v\|_{0,p,\Omega}^p + \|v\|_{0,p,\Omega}^p \right)^{\frac{1}{p}}$$

Cauchy seq. w.r.t this      Cauchy seq. w.r.t  $\|\cdot\|_{0,p,\Omega}$   
 $\Rightarrow$  Cauchy seq. w.r.t  $\|\cdot\|_{1,p,\Omega}$

$\Rightarrow \{u_{n_k}\}$  is a Cauchy sequence in  $W^{1,p}(\Omega)$

and as Banach sequence this sequence must converge to  $u$  (seen limit as in  $L^p(\Omega)$ )

$\Rightarrow u_{n_k} \rightarrow u$  in  $W^{1,p}(\Omega)$

$\Rightarrow \|u_{n_k}\|_{1,p,\Omega} = 1 \quad (\text{as norm of every element in seq. } \neq 1)$

$|u_{n_k}|_{1,p,\Omega} = 0 \quad (\text{as seminorm of } u_{n_k} \rightarrow 0)$

$\Rightarrow u = \text{constant}$  as first weak derivative vanish

Now consider  $\int_G$  terms.

$$\left| \int_a u_n dx \right| \xrightarrow[n \rightarrow \infty]{} 0 \Rightarrow \int_G u_n dx = 0$$

$$\begin{aligned} \left| \int_a u dx - \int_G u dx \right| &= \left( \int_a |u - u_n| dx \right) \leq \int_G 1 \cdot |u - u_n| dx \\ &\leq \underbrace{\left( \int_G |u - u_n|^p dx \right)^{1/p}}_{\|u - u_n\|_{L^p(G)} \rightarrow 0} \left( \int_G 1^{1-p} dx \right)^{1/(1-p)} \rightarrow 0 \end{aligned}$$

$\int_G u dx = 0 \rightarrow$  but  $u$  is constant & a positive measure  $\Rightarrow u = 0$

which contradicts  $\|u\|_{L^p(G)} = 1$ .

□