

# Physics 401 Assignment # 6: Electromagnetic Waves

## SOLUTIONS:

Wed. 8 Feb. 2006 — finish by Wed. 22 Feb.

1. **CMBR:** Most of the electromagnetic energy in the universe is in the cosmic microwave background radiation (CMBR), sometimes referred to as the 3° Kelvin background. Penzias and Wilson discovered the CMBR in 1965 using a radio telescope, and subsequently received the Nobel Prize for this discovery. This background radiation has wavelength  $\lambda \sim 1.1$  mm. The energy density of the CMBR is about  $4.0 \times 10^{-14}$  J/m<sup>3</sup>. What is the *rms* electric field strength of the CMBR?

**ANSWER:** If  $\langle u_{EM} \rangle = \epsilon_0 \langle E^2 \rangle = 4.0 \times 10^{-14}$  J/m<sup>3</sup>, then  $E_{rms} \equiv \sqrt{\langle E^2 \rangle} = \sqrt{\langle u_{EM} \rangle / \epsilon_0} = \sqrt{\frac{4.0 \times 10^{-14}}{0.88541878 \times 10^{-11}}} = \boxed{0.0672 \text{ V/m}}$ . (The wavelength, while interesting, is irrelevant to the question.)

2. **STANDING WAVES:** Consider standing electromagnetic waves:

$$\begin{aligned} \vec{E} &= E_0 (\sin kz \sin \omega t) \hat{x} & \text{with} \\ \vec{B} &= B_0 (\cos kz \cos \omega t) \hat{y}. \end{aligned}$$

- (a) Show that these satisfy the wave equation (9.2). **ANSWER:** When we're taking the spatial derivatives, the  $t$ -dependent factor is just part of the amplitude, and vice versa. Thus  $\nabla^2 \sin kz = -k^2 \sin kz$  and  $\nabla^2 \cos kz = -k^2 \cos kz$ ;  $\partial/\partial t \sin \omega t = -\omega^2 \sin \omega t$  and  $\partial/\partial t \cos \omega t = -\omega^2 \cos \omega t$ ; so  $\nabla^2 \vec{E} - (1/c^2) \partial \vec{E} / \partial t = (-k^2 + \omega^2/c^2) \vec{E}$  and similarly for  $\vec{B}$ . But  $(-k^2 + \omega^2/c^2) = -k^2 [1 - (\omega^2/k^2)/c^2] = 0$ , since  $c = \omega/k$ . Thus  $\boxed{\nabla^2 \vec{E} = 0}$  and similarly for  $\vec{B}$ .  $\checkmark$  QED
- (b) Show that we must also have  $c = \omega/k$  and  $E_0 = cB_0$ . **ANSWER:** Since  $c = \omega/k$  is a universal property of all solutions of The Wave Equation (TWE), that's a given. Applying FARADAY'S LAW,  $\vec{\nabla} \times \vec{E} = -\partial \vec{B} / \partial t$ , gives  $E_0 \sin \omega t \vec{\nabla} \times (\sin kz \hat{x}) = -B_0 \cos kz \partial(\cos \omega t) / \partial t \hat{y}$  or

$$\begin{aligned} k \hat{y} E_0 \cos kz \sin \omega t &= \\ \omega \hat{y} B_0 \cos kz \sin \omega t. \end{aligned}$$

Dividing out the common factor  $\hat{y} \cos kz \sin \omega t$  gives  $kE_0 = \omega B_0$  or (since  $c = \omega/k$ )  $\boxed{E_0 = cB_0}$ .  $\checkmark$  QED

- (c) Show that the time-averaged power flow across *any* area will be zero. **ANSWER:**  $\vec{S} = \vec{E} \times \vec{H} = (\hat{x} \times \hat{y}) (E_0 B_0 / \mu) (\sin kz \sin \omega t) (\cos kz \cos \omega t) = \hat{z} (E_0 B_0 / \mu) (\sin kz \cos kz) (\sin \omega t \cos \omega t)$ . Looking only at the  $t$ -dependence to get the time average, we note that  $\sin \omega t \cos \omega t = \frac{1}{2} \sin(2\omega t)$  which averages to zero.  $\checkmark$  QED

- (d) Show that the Poynting vector will also be zero, *i.e.* there is no net energy flow. **ANSWER:** I must apologize for a defective question. [The hazards of using someone else's problem!] As explained above,  $\vec{S} = (E_0 B_0 / 4\mu) \sin 2kz \cdot \sin 2\omega t \hat{z}$ . This is only zero where  $\sin 2kz = 0$ , *i.e.* at  $z = 0$  and  $2kz = n\pi$  (where  $n$  is any integer). That is, for  $z = n\lambda/4$ . At any other position,  $\vec{S}$  oscillates in the  $\pm \hat{z}$  direction, averaging to zero.

3. (p. 386, Problem 9.14) — **REFLECTED & TRANSMITTED POLARIZATION:** In Eqs. (9.76) and (9.77) it was tacitly assumed that the reflected and transmitted waves have the same *polarization* as the incident wave, namely along the  $\hat{x}$  direction. Prove that this *must* be so. [Hint: Let the polarization vectors of the reflected and transmitted waves be

$$\begin{aligned} \hat{n}_T &= \cos \theta_T \hat{x} + \sin \theta_T \hat{y} & \text{and} \\ \hat{n}_R &= \cos \theta_R \hat{x} + \sin \theta_R \hat{y} \end{aligned}$$

and prove from the boundary conditions that  $\theta_T = \theta_R = 0$ .] **ANSWER:** We must have  $\vec{E}_{\parallel}$  continuous across the boundary. Since the normal direction is  $\hat{k} = \hat{z}$ ,  $\vec{E}_{\parallel}$  is constituted of  $x$  and  $y$  components. Thus  $\vec{E}_I + \vec{E}_R = \vec{E}_T$  or  $E_I + E_R \cos \theta_R = E_T \cos \theta_T$  [1] and  $E_R \sin \theta_R = E_T \sin \theta_T$  [2]. Similarly,  $\vec{H}_{\parallel}$  must be continuous across the boundary, and, as always,  $v\vec{B} = \hat{k} \times \vec{E}$ , giving  $\frac{E_I - E_R \cos \theta_R}{\mu_1 v_1} = \frac{E_T \cos \theta_T}{\mu_2 v_2}$  [3] and  $\frac{E_R \sin \theta_R}{\mu_1 v_1} = -\frac{E_T \sin \theta_T}{\mu_2 v_2}$  [4]. If  $\beta \equiv \frac{\mu_1 v_1}{\mu_2 v_2}$ , Eq. [4] reads  $E_R \sin \theta_R = -\beta E_T \sin \theta_T$ , which we can combine with Eq. [2] to conclude that  $E_T \sin \theta_T = -\beta E_T \sin \theta_T$ , which can be true only if  $E_T = 0$  (trivial case) or  $\boxed{\theta_T = 0}$  (mod  $2\pi$ ). Equation [2] then also requires  $\boxed{\theta_R = 0}$  (mod  $2\pi$ ).  $\checkmark$  QED

4. (p. 392, Problem 9.15) — **COMPLEX ALGEBRA EXERCISE:** Suppose that we

have six nonzero constants  $A, B, C, a, b, c$  such that  $Ae^{iax} + Be^{ibx} = Ce^{icx}$  for all  $x$ . Prove that  $a = b = c$  and  $A + B = C$ . **ANSWER:** The first part is easy: if it were *not* true that  $a = b = c$  then even if the equation were satisfied at some position in  $x$ , it would *not* be satisfied at some nearby  $x$ . So  $a = b = c$ .  $\checkmark$  The second part is even easier: at  $x = 0$ ,  $A + B = C$ . Done.  $\checkmark$

5. (p. 392, Problem 9.17) — **DIAMOND:** The index of refraction of diamond is 2.42. Construct the graph analogous to Figure 9.16 for the air/diamond interface. (Assume  $\mu_1 = \mu_2 = \mu_0$ .) **ANSWER:** FRESNEL'S EQUATIONS read

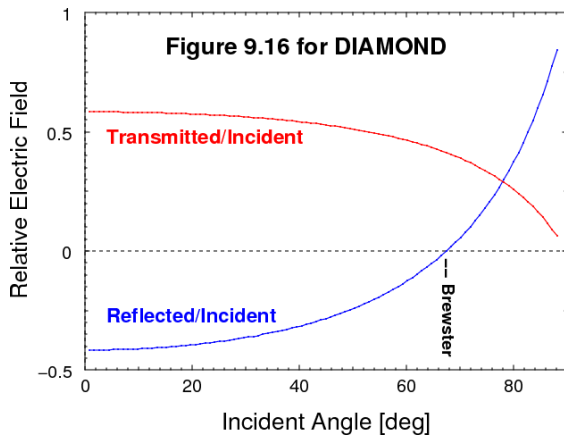
$$\frac{\tilde{E}_0^R}{\tilde{E}_0^I} = \left( \frac{\alpha - \beta}{\alpha + \beta} \right), \quad \frac{\tilde{E}_0^T}{\tilde{E}_0^I} = \left( \frac{2}{\alpha + \beta} \right)$$

where

$$\alpha \equiv \frac{\cos \theta_T}{\cos \theta_I} = \frac{\sqrt{1 - \sin^2 \theta_T}}{\cos \theta_I} = \frac{\sqrt{1 - \left[ \frac{n_1}{n_2} \sin \theta_I \right]^2}}{\cos \theta_I}$$

and  $\beta \equiv \frac{\mu_1 v_1}{\mu_2 v_2} = \frac{\mu_1 n_2}{\mu_2 n_1}$ . In this case  $\beta = 2.42$  (we assume the light is *entering* the diamond rather than emerging) and  $\alpha = \frac{\sqrt{1 - (\sin \theta_I / 2.42)^2}}{\cos \theta_I}$ .

You can use your favourite spreadsheet or other plotting software to produce the graph below. (I used <http://musr.org/muview/>, a free Java spreadsheet applet we built at TRIUMF.)



In particular, calculate

- (a) the amplitudes at normal incidence;

**ANSWER:** For  $\theta_I = 0$ ,  $\alpha = 1$ , giving

$$\tilde{E}_0^R = \frac{1 - 2.42}{1 + 2.42} \tilde{E}_0^I \text{ or } \boxed{\tilde{E}_0^R = -0.4152 \tilde{E}_0^I}$$

$$\text{and } \tilde{E}_0^T = \frac{2}{1 + 2.42} \tilde{E}_0^I \text{ or}$$

$$\boxed{\tilde{E}_0^T = 0.5848 \tilde{E}_0^I}.$$

- (b) Brewster's angle;

**ANSWER:**  $\sin^2 \theta_B = \frac{1 - \beta^2}{(n_1/n_2)^2 - \beta^2}$

$$= \frac{1 - 5.8564}{(1/5.8564) - 5.8564} = 0.85415 \text{ or}$$

$$\sin \theta_B = 0.9242 \Rightarrow \boxed{\theta_B = 67.55^\circ}.$$

- (c) and the “crossover” angle at which the reflected and transmitted amplitudes are equal. **ANSWER:** Rather than try to read this off the graph, let's calculate it exactly: The condition is  $\alpha - \beta = 2$  or

$$\alpha = \frac{\sqrt{1 - (\sin \theta_I / 2.42)^2}}{\cos \theta_I} = 4.42 \text{ or}$$

$$1 - (\sin \theta_I / 2.42)^2 = 19.5364 \cos^2 \theta_I \text{ or}$$

$$5.8564 - 1 + \cos^2 \theta_I = 114.413 \cos^2 \theta_I \text{ or}$$

$$4.8564 = 113.413 \cos^2 \theta_I \text{ or}$$

$$\cos^2 \theta_I = 4.8564 / 113.413 = 0.04282 \text{ or}$$

$$\cos \theta_I = 0.20693 \Rightarrow \boxed{\theta_C = 78.06^\circ}.$$

6. **PLANE WAVE STRESS TENSOR:** Find all the elements of the Maxwell stress tensor of a monochromatic plane wave traveling in the  $z$ -direction, polarized in the  $x$ -direction:

$$\vec{E}(z, t) = E_0 \cos(kz - \omega t + \delta) \hat{x}$$

$$\vec{B}(z, t) = \frac{E_0}{c} \cos(kz - \omega t + \delta) \hat{y}$$

**ANSWER:** Recall Eq. (8.19) on p. 352:

$$T_{ij} = \epsilon_0 (E_i E_j - \delta_{ij} E^2 / 2) + (B_i B_j - \delta_{ij} B^2 / 2) / \mu_0.$$

Here  $E_i = \delta_{i1} E$  where  $E \equiv E_0 \cos(kz - \omega t + \delta)$  and  $B_i = \delta_{i2} B$  where  $B \equiv \frac{E_0}{c} \cos(kz - \omega t + \delta) = E/c$ , so all off-diagonal elements are zero. We have  $T_{11} = \epsilon_0 (E^2 - E^2/2) - B^2/2\mu_0 = \epsilon_0 (E^2/2 - E^2/2\epsilon_0\mu_0 c^2) = \epsilon_0 (E^2/2 - E^2/2)$  or  $T_{11} = 0$ ,  $T_{22} = -\epsilon_0 E^2/2 + (B^2 - B^2/2) \mu_0 = \epsilon_0 (-E^2/2 + E^2/2\epsilon_0\mu_0 c^2) = \epsilon_0 (-E^2/2 + E^2/2)$  or  $T_{22} = 0$  and  $T_{33} = -\epsilon_0 E^2/2 - B^2/2\mu_0$  or (only nonzero element!)  $\boxed{T_{33} = -\epsilon_0 E^2 = -u_{EM}}$ .

In what direction does this EM wave transport momentum? Does this agree with the form of the Maxwell stress tensor you just deduced?

**ANSWER:** If  $T_{ij}$  represents the force per unit area acting in the  $\hat{x}_i$  direction on a surface whose normal is in the  $\hat{x}_j$  direction, then the diagonal elements are *pressures* and  $T_{33}$  is the radiation pressure on a surface normal to  $\hat{z}$ . In the same way  $-T_{33}$  represents the momentum current density transported by the fields, and is (as expected) in the same direction as  $\hat{k}$  and is, in fact, equal to  $\vec{S}/c$ .

7. (p. 412, Problem 9.33) — **SPHERICAL WAVES:** Suppose that

$$\vec{E}(r, \theta, \phi, t) = \frac{A \sin \theta}{r} \left[ \cos(kr - \omega t) - \left( \frac{1}{kr} \right) \sin(kr - \omega t) \right] \hat{\phi}$$

with  $c = \omega/k$ , as usual. [This is, incidentally, the simplest possible **spherical wave**. For notational convenience, let  $(kr - \omega t) \equiv u$  in your calculations.]

(a) Show that  $\vec{E}$  obeys all four of Maxwell's equations, in vacuum, and find the associated magnetic field.

**ANSWER:** Since  $\vec{E} = E\hat{\phi}$  and  $E$  does not depend on  $\phi$ , GAUSS' LAW reads (in spherical coordinates)

$$\vec{\nabla} \cdot \vec{E} = \frac{1}{r \sin \theta} \frac{\partial E}{\partial \phi} = 0. \quad \checkmark \quad (1)$$

$$\vec{\nabla} \times \vec{E} = \frac{1}{r \sin \theta} \frac{\partial}{\partial \theta} (E \sin \theta) \hat{r} - \frac{1}{r} \frac{\partial}{\partial r} (rE) \hat{\theta} = \frac{1}{r \sin \theta} \left( E \cos \theta + \sin \theta \frac{\partial E}{\partial \theta} \right) \hat{r} - \frac{1}{r} \left( E + r \frac{\partial E}{\partial r} \right) \hat{\theta}. \quad (2)$$

$$\text{Now, } \frac{\partial E}{\partial \theta} = \frac{A \cos \theta}{r} \left[ \cos u - \frac{1}{kr} \sin u \right] = E \frac{\cos \theta}{\sin \theta} \quad (3)$$

$$\begin{aligned} \text{and } \frac{\partial E}{\partial r} &= -\frac{A \sin \theta}{r^2} \left( \cos u - \frac{\sin u}{kr} \right) + \frac{A \sin \theta}{r} \left( -k \sin u + \frac{\sin u}{kr^2} - \frac{k \cos u}{kr} \right) \\ &= \frac{A \sin \theta}{r^2} \left[ -2 \cos u + 2 \frac{\sin u}{kr} - kr \sin u \right] \end{aligned} \quad (4)$$

$$\text{so } \vec{\nabla} \times \vec{E} = \frac{A}{r^2} \left\{ 2 \cos \theta \left[ \cos u - \frac{1}{kr} \sin u \right] \hat{r} + \sin \theta \left[ \cos u + \left( kr - \frac{1}{kr} \right) \sin u \right] \hat{\theta} \right\}. \quad (5)$$

In order to satisfy FARADAY'S LAW we must therefore have (within a constant of integration)

$$\vec{B} = - \int (\vec{\nabla} \times \vec{E}) dt = -\frac{A}{r^2} \left\{ 2 \cos \theta \left[ C - \frac{1}{kr} S \right] \hat{r} + \sin \theta \left[ C + \left( kr - \frac{1}{kr} \right) S \right] \hat{\theta} \right\} \quad (6)$$

$$\text{where } C \equiv \int \cos u dt = -\frac{\sin u}{\omega} \quad \text{and} \quad S \equiv \int \sin u dt = \frac{\cos u}{\omega}. \quad (\text{Note: } \omega = ck.) \quad (7)$$

$$\text{Thus } \vec{B} = \frac{A}{ckr^2} \left\{ 2 \cos \theta \left[ \sin u + \frac{1}{kr} \cos u \right] \hat{r} + \sin \theta \left[ \sin u - \left( kr - \frac{1}{kr} \right) \cos u \right] \hat{\theta} \right\} \quad (8)$$

or  $\vec{B} = B_r \hat{r} + B_\theta \hat{\theta}$  where

$$B_r = \frac{2A \cos \theta}{ckr^2} \left[ \sin u + \frac{1}{kr} \cos u \right] \quad \text{and} \quad B_\theta = \frac{A \sin \theta}{ckr^2} \left[ \sin u - \left( kr - \frac{1}{kr} \right) \cos u \right]. \quad (9)$$

This should satisfy GAUSS' LAW too:  $\vec{\nabla} \cdot \vec{B} = \frac{1}{r^2} \frac{\partial}{\partial r} (r^2 B_r) + \frac{1}{r \sin \theta} \frac{\partial}{\partial \theta} (\sin \theta B_\theta)$

$$\begin{aligned} &= \frac{2A \cos \theta}{ckr^2} \frac{\partial}{\partial r} \left( \sin u + \frac{1}{kr} \cos u \right) + \frac{A}{ckr^3 \sin \theta} \left[ \sin u + \left( \frac{1}{kr} + kr \right) \cos u \right] \frac{\partial}{\partial \theta} (\sin^2 \theta) \\ &= \frac{2A \cos \theta}{ckr^2} \left\{ \left( k \cos u - \frac{1}{kr^2} \cos u - \frac{1}{r} \sin u \right) + \frac{1}{r} \left[ \sin u - \left( kr - \frac{1}{kr} \right) \cos u \right] \right\} \\ &= \frac{2A \cos \theta}{ckr^2} \left[ k \cos u - \frac{1}{kr^2} \cos u - \frac{1}{r} \sin u + \frac{1}{r} \sin u - k \cos u + \frac{1}{kr^2} \cos u \right] = 0. \quad \checkmark \end{aligned} \quad (10)$$

It remains only to check AMPÈRE'S LAW:  $\vec{\nabla} \times \vec{B} = \frac{1}{r} \left[ \frac{\partial}{\partial r} (r B_\theta) - \frac{\partial B_r}{\partial \theta} \right] \hat{\phi}$  or

$$\begin{aligned} \vec{\nabla} \times \vec{B} &= \frac{1}{r} \left\{ \frac{A \sin \theta}{ckr^2} \left[ \sin u - \left( kr - \frac{1}{kr} \right) \cos u \right] \right. \\ &\quad \left. + \frac{A \sin \theta}{ckr} \left[ k \cos u - \left( k + \frac{1}{kr^2} \right) \cos u + k \left( kr - \frac{1}{kr} \right) \sin u \right] \right\} \hat{\phi} \end{aligned}$$

$$\begin{aligned}
& + \frac{2A \sin \theta}{ckr^2} \left[ \sin u + \frac{\cos u}{kr} \right] \hat{\phi} \\
= & \frac{A \sin \theta}{ckr^3} \left\{ - \left[ \sin u - \left( kr - \frac{1}{kr} \right) \cos u \right] \right. \\
& + \left[ kr \cos u - \left( kr + \frac{1}{kr} \right) \cos u + (k^2 r^2 - 1) \sin u \right] \\
& \left. + 2 \left[ \sin u + \frac{\cos u}{kr} \right] \right\} \hat{\phi} \\
\text{giving } \vec{\nabla} \times \vec{B} = & \frac{A \sin \theta}{cr^2} (\cos u + kr \sin u) \hat{\phi}. \tag{11}
\end{aligned}$$

Now, if we're to get any joy from this, it had better be equal to  $\frac{1}{c^2} \frac{\partial \vec{E}}{\partial t} = \frac{k^2}{\omega^2} \frac{\partial \vec{E}}{\partial t} = \frac{k}{c\omega} \frac{\partial \vec{E}}{\partial t}$

$$\begin{aligned}
& = \frac{k}{c\omega} \frac{A \sin \theta}{r} \frac{\partial}{\partial t} \left[ \cos u - \frac{\sin u}{kr} \right] \hat{\phi} = \frac{A \sin \theta}{r} \frac{k}{c\omega} \left[ \omega \sin u + \omega \frac{\cos u}{kr} \right] \hat{\phi} \\
& = \frac{A \sin \theta}{cr^2} (kr \sin u + \cos u) \hat{\phi}. \quad \checkmark \text{ QED} \tag{12}
\end{aligned}$$

Thus the proposed function does satisfy all of MAXWELL'S EQUATIONS as advertised and is therefore also a valid solution of TWE (The Wave Equation). And this is the simplest possible spherical wave! (Don't you just love curvilinear coordinates?)

- (b) Calculate the Poynting vector. Average  $\vec{S}$  over a full cycle to get the intensity vector  $\vec{I}$ . Does  $\vec{I}$  point in the expected direction? Does it fall off like  $r^{-2}$ , as it should? **ANSWER:**

$$\begin{aligned}
\vec{S} & = \frac{\vec{E} \times \vec{B}}{\mu_0} = \frac{1}{\mu_0} (E \hat{\phi}) \times (B_r \hat{r} + B_\theta \hat{\theta}) = -\frac{1}{\mu_0} (EB_r \hat{\theta} + EB_\theta \hat{r}) \\
& = -\frac{A^2}{\mu_0 ckr^3} \left[ 2 \sin \theta \cos \theta \left( \cos u - \frac{\sin u}{kr} \right) \left( \sin u + \frac{\cos u}{kr} \right) \hat{\theta} \right. \\
& \quad \left. + \sin^2 \theta \left( \cos u - \frac{\sin u}{kr} \right) \left( \sin u - kr \cos u + \frac{\cos u}{kr} \right) \hat{r} \right] \\
& = -\frac{A^2}{\mu_0 ckr^3} \left[ 2 \sin \theta \cos \theta \left( \cos u \sin u + \frac{\cos^2 u}{kr} - \frac{\sin^2 u}{kr} - \frac{\sin u \cos u}{kr} \right) \hat{\theta} \right. \\
& \quad \left. + \sin^2 \theta \left( \cos u \sin u - kr \cos^2 u + \frac{\cos^2 u}{kr} - \frac{\sin^2 u}{kr} + \sin u \cos u - \frac{\sin u \cos u}{k^2 r^2} \right) \hat{r} \right] \\
& = -\frac{A^2}{\mu_0 ckr^3} \left\{ 2 \sin \theta \cos \theta \left[ \cos u \sin u \left( 1 - \frac{1}{kr} \right) + \frac{\cos^2 u - \sin^2 u}{kr} \right] \hat{\theta} \right. \\
& \quad \left. + \sin^2 \theta \left[ \cos u \sin u \left( 2 - \frac{1}{k^2 r^2} \right) - kr \cos^2 u + \frac{\cos^2 u - \sin^2 u}{kr} \right] \hat{r} \right\}. \tag{13}
\end{aligned}$$

The fact that  $\vec{S}$  has a non-radial component may seem alarming, but let's check the time average: all of  $\sin u \cos u$ ,  $\sin^2 u$  and  $\cos^2 u$  oscillate in time, but only the first averages to zero; the other two average to  $\frac{1}{2}$ , but their *difference* does average to zero. Thus

$$\vec{I} \equiv \langle \vec{S} \rangle = \frac{A^2 \sin^2 \theta}{\mu_0 ckr^3} \frac{kr}{2} \hat{r} = \frac{A^2 \sin^2 \theta}{2\mu_0 c} \frac{\hat{r}}{r^2}, \tag{14}$$

which points radially outward and falls off like  $1/r^2$ , as expected.

- (c) Integrate  $\vec{I} \cdot d\vec{a}$  over a spherical surface to determine the total power radiated.

[You should get  $P = 4\pi A^2/3\mu_0 c$ .] **ANSWER:**

$$\begin{aligned}
P & = \iint \vec{I} \cdot d\vec{a} = \frac{A^2}{2\mu_0 c} \int_0^\pi \frac{\sin^2 \theta}{r^2} 2\pi r^2 \sin \theta d\theta = \frac{\pi A^2}{\mu_0 c} \int_0^\pi \sin^3 \theta d\theta = -\frac{\pi A^2}{\mu_0 c} \int_1^{-1} (1 - \cos^2 \theta) d(\cos \theta) \\
\text{or } P & = \frac{\pi A^2}{\mu_0 c} \int_{-1}^{+1} (1 - x^2) dx = \frac{\pi A^2}{\mu_0 c} \left( 2 - \frac{2}{3} \right) \quad \text{or } \boxed{P = \frac{4\pi A^2}{3\mu_0 c}}. \quad \checkmark
\end{aligned}$$

This was a tedious problem; it took me all day to get it right. I will be duly impressed if you managed to grind through it successfully. Now you know why we like our plane waves so much, Huygens' principle notwithstanding!