

## 9 講 不定積分と定積分

### 練習問題

$$[1] (1) \int x dx = \int x^1 dx = \frac{1}{1+1} x^{1+1} = \frac{1}{2} x^2$$

$$(2) \int 3^x dx = \frac{1}{\log 3} 3^x$$

$$[2] (1) \int x^4 dx = \frac{1}{4+1} x^{4+1} = \frac{1}{5} x^5$$

$$(2) \int \frac{1}{x^3} dx = \int x^{-3} dx = \frac{1}{-3+1} x^{-3+1} = -\frac{1}{2} x^{-2} = -\frac{1}{2x^2}$$

$$[3] (1) \int \left( \frac{1}{x} + \cos x \right) dx = \int \frac{dx}{x} + \int \cos x dx = \log |x| + \sin x$$

$$(2) \int 3 \sin x dx = 3 \int \sin x dx = -3 \cos x$$

$$[4] (1) \int \left( \frac{2}{\cos^2 x} - \frac{1}{x^4} \right) dx = 2 \int \frac{dx}{\cos^2 x} - \int x^{-4} dx = 2 \tan x$$

$$- \frac{1}{-4+1} x^{-4+1} = 2 \tan x + \frac{1}{3x^3}$$

$$(2) \int (2^x + 3x^4) dx = \int 2^x + 3 \int x^4 dx = \frac{1}{\log 2} 2^x + 3 \cdot \frac{1}{4+1} x^{4+1}$$

$$= \frac{1}{\log 2} 2^x + \frac{3}{5} x^5$$

$$[5] (1) \int_{-1}^2 dx = \int_{-1}^2 1 dx = [x]_{-1}^2 = 2 - (-1) = 3$$

$$(2) \int_0^1 2^x dx = \left[ \frac{1}{\log 2} 2^x \right]_0^1 = \frac{1}{\log 2} \cdot 2^1 - \frac{1}{\log 2} \cdot 2^0 = \frac{1}{\log 2}$$

$$[6] (1) \int_1^0 x^3 dx = \left[ \frac{1}{4} x^4 \right]_1^0 = \frac{1}{4} \cdot 0^4 - \frac{1}{4} \cdot 1^4 = -\frac{1}{4}$$

$$(2) \int_1^2 \frac{dx}{x^3} = \left[ -\frac{1}{2x^2} \right]_1^2 = -\frac{1}{2 \cdot 2^2} - \left( -\frac{1}{2 \cdot 1^2} \right) = \frac{3}{8}$$

$$[7] (1) \int_1^2 \left( e^x - \frac{1}{x} \right) dx = [e^x]_1^2 - [\log x]_1^2 = (e^2 - e^1) - (\log 2 - \log 1)$$

$$= e^2 - e - \log 2$$

$$(2) \int_0^1 (\log 2) 2^x dx = \left[ \log 2 \cdot \frac{1}{\log 2} 2^x \right]_0^1 = 2^1 - 2^0 = 1$$

$$[8] (1) \int_0^{\frac{\pi}{4}} \left( \frac{2}{\cos^2 x} + 3 \sin x \right) dx = [2 \tan x]_0^{\frac{\pi}{4}} + [-3 \cos x]_0^{\frac{\pi}{4}}$$

$$= \left( 2 \tan \frac{\pi}{4} - 2 \tan 0 \right) + \left( -3 \cos \frac{\pi}{4} + 3 \cos 0 \right) = 2 - 3 \cdot \frac{\sqrt{2}}{2} + 3$$

$$= 5 - \frac{3\sqrt{2}}{2}$$

$$\begin{aligned} (2) \quad & \int_1^2 \left( \frac{2}{x} + \frac{3}{x^2} \right) dx \int_1^2 \left( \frac{2}{x} + \frac{3}{x^2} \right) dx = [2 \log x]_1^2 + \left[ 3 \cdot \left( -\frac{1}{x} \right) \right]_1^2 \\ & = (2 \log 2 - 2 \log 1) + \left( -\frac{3}{2} + 3 \right) = 2 \log 2 + \frac{3}{2} \end{aligned}$$

$$\begin{aligned} [9] \quad (1) \quad & \int \left( \sqrt{x} + \frac{1}{\sqrt{x}} \right) dx = \int \left( x^{\frac{1}{2}} + x^{-\frac{1}{2}} \right) dx = \frac{1}{\frac{1}{2} + 1} x^{\frac{1}{2} + 1} \\ & + \frac{1}{-\frac{1}{2} + 1} x^{-\frac{1}{2} + 1} = \frac{2}{3} x^{\frac{3}{2}} + 2x^{\frac{1}{2}} = \frac{2}{3} x\sqrt{x} + 2\sqrt{x} \\ & \text{よって、} \int_1^2 f(x) dx = \left[ \frac{2}{3} x\sqrt{x} \right]_1^2 + [2\sqrt{x}]_1^2 = \left( \frac{2}{3} \cdot 2\sqrt{2} - \frac{2}{3} \cdot 1\sqrt{1} \right) \\ & + (2\sqrt{2} - 2\sqrt{1}) = \frac{10\sqrt{2}}{3} - \frac{8}{3} \end{aligned}$$

$$\begin{aligned} (2) \quad & \int \left( \sqrt[3]{x} + x^{\frac{2}{3}} \right) dx = \int \left( x^{\frac{1}{3}} + x^{\frac{2}{3}} \right) dx = \frac{1}{\frac{1}{3} + 1} x^{\frac{1}{3} + 1} + \frac{1}{\frac{2}{3} + 1} x^{\frac{2}{3} + 1} \\ & = \frac{3}{4} x^{\frac{4}{3}} + \frac{3}{5} x^{\frac{5}{3}} = \frac{3}{4} x\sqrt[3]{x} + \frac{3}{5} x\sqrt[3]{x^2} \\ & \text{よって、} \int_1^2 f(x) dx = \left[ \frac{3}{4} x\sqrt[3]{x} \right]_1^2 + \left[ \frac{3}{5} x\sqrt[3]{x^2} \right]_1^2 \\ & = \left( \frac{3}{4} \cdot 2\sqrt[3]{2} - \frac{3}{4} \cdot 1\sqrt[3]{1} \right) + \left( \frac{3}{5} \cdot 2\sqrt[3]{2^2} - \frac{3}{5} \cdot 1\sqrt[3]{1^2} \right) = \frac{3\sqrt[3]{2}}{2} \\ & + \frac{6\sqrt[3]{4}}{5} - \frac{27}{20} \end{aligned}$$

$$\begin{aligned} [10] \quad (1) \quad & \int_0^{\frac{\pi}{4}} \left( \sin x + \cos x + \frac{1}{\cos^2 x} \right) dx = [-\cos x + \sin x + \tan x]_0^{\frac{\pi}{4}} \\ & = \left( -\cos \frac{\pi}{4} + \sin \frac{\pi}{4} + \tan \frac{\pi}{4} \right) - (-\cos 0 + \sin 0 + \tan 0) = 2 \\ (2) \quad & \int_0^1 (x+1)^2 dx = \int_0^1 (x^2 + 2x + 1) dx = \left[ \frac{1}{3} x^3 + x^2 + x \right]_0^1 \\ & = \left( \frac{1}{3} \cdot 1^3 + 1^2 + 1 \right) - \left( \frac{1}{3} \cdot 0^3 + 0^2 + 0 \right) = \frac{7}{3} \end{aligned}$$

## 10 講 積分の性質

### 練習問題

$$[1] \quad (1) \quad t = 3x - 1 \text{ とおくと、} dt = 3dx \text{ だから、} dx = \frac{1}{3} dt$$

$$\text{よって、} \int (3x - 1)^5 dx = \int t^5 \cdot \frac{1}{3} dt = \frac{1}{18} t^6 = \frac{1}{18} (3x - 1)^6$$

$$(2) \quad t = ax \text{ とおくと、} dt = a dx \text{ だから、} dx = \frac{1}{a} dt$$

$$\text{よって、} \int \sin ax dx = \int (\sin t) \frac{1}{a} dt = -\frac{1}{a} \cos t = -\frac{1}{2} \cos ax$$

$$(3) \int x \cos x dx = \int x(\sin x)' dx = x \sin x - \int x' \sin x dx = x \sin x - \int \sin x dx = x \sin x + \cos x$$

$$(4) \int x e^x dx = \int x(e^x)' dx = x e^x - \int x' e^x dx = x e^x - \int e^x dx = x e^x - e^x$$

$$[2] (1) t = 2x - 3 \text{ とおくと、} dt = 2dx \text{ だから、} dx = \frac{1}{2} dt$$

$$\begin{aligned} \text{よって、} \int \sqrt[3]{2x-3} dx &= \int t^{\frac{1}{3}} \cdot \frac{1}{2} dt = \frac{1}{2} \cdot \frac{1}{\frac{1}{3}+1} t^{\frac{1}{3}+1} = \frac{3}{8} t^{\frac{4}{3}} \\ &= \frac{3}{8} (2x-3)^{\frac{4}{3}} \end{aligned}$$

$$(2) \int \log x dx = \int x' \log x dx = x \log x - \int x(\log x)' dx = x \log x - \int x(\log x)' dx = x \log x - \int x \cdot \frac{1}{x} dx = x \log x - \int dx = x \log x - x$$

$$[3] (1) t = 2x + 1 \text{ とおくと、} dt = 2dx \text{ だから、} dx = \frac{1}{2} dt$$

$$\text{また、} x = 0 \text{ のとき } t = 1 \text{ で、} x = 1 \text{ のとき } t = 3$$

$$\text{よって、} \int_0^1 \frac{dx}{2x+1} = \int_1^3 \frac{dt}{2t} = \left[ \frac{1}{2} \log t \right]_1^3 = \frac{1}{2} \log 3$$

$$(2) t = ax \text{ とおくと、} dt = a dx \text{ だから、} dx = \frac{1}{a} dt$$

$$\text{また、} x = 0 \text{ のとき } t = 0 \text{ で、} x = \pi \text{ のとき } t = a\pi$$

$$\text{よって、} \int_0^\pi \cos ax dx = \int_0^{a\pi} (\cos t) \frac{1}{a} dt = \left[ \frac{1}{a} \sin t \right]_0^{a\pi} = \frac{1}{a} \sin a\pi$$

$$(3) \int_0^{\frac{\pi}{2}} (x+1) \sin x dx = \int_0^{\frac{\pi}{2}} (x+1)(-\cos x)' dx = [-(x+1) \cos x]_0^{\frac{\pi}{2}} - \int_0^{\frac{\pi}{2}} (x+1)'(-\cos x) dx = 1 + \int_0^{\frac{\pi}{2}} \cos x dx = 1 + [\sin x]_0^{\frac{\pi}{2}} = 1 + 1 = 2$$

$$(4) \int_0^1 x 2^x dx = \int_0^1 x \left( \frac{1}{\log 2} 2^x \right)' dx = \left[ \frac{x}{\log 2} 2^x \right]_0^1 - \int_0^1 x' \cdot \frac{1}{\log 2} 2^x dx = \frac{2}{\log 2} - \int_0^1 \frac{1}{\log 2} 2^x dx = \frac{2}{\log 2} - \left[ \frac{1}{(\log 2)^2} 2^x \right]_0^1 = \frac{2}{\log 2} - \frac{1}{(\log 2)^2}$$

$$[4] (1) t = 2 - x \text{ とおくと、} dt = -dx \text{ だから、} dx = -dt$$

$$\text{また、} x = 0 \text{ のとき } t = 2 \text{ で、} x = 1 \text{ のとき } t = 1$$

$$\text{よって、} \int_0^1 \sqrt{2-x} dx = \int_2^1 \sqrt{t}(-dt) = \left[ -\frac{2}{3}t^{\frac{3}{2}} \right]_2^1 = \frac{2}{3}(2\sqrt{2}-1)$$

$$\begin{aligned} (2) \quad \int_1^2 x^2 \log x dx &= \int_1^2 \left( \frac{1}{3}x^3 \right)' \log x dx = \left[ \frac{1}{3}x^3 \log x \right]_1^2 \\ &\quad - \int_1^2 \frac{1}{3}x^3 (\log x)' dx = \frac{8}{3} \log 2 - \int_1^2 \frac{1}{3}x^3 \cdot \frac{1}{x} dx = \frac{8}{3} \log 2 \\ &\quad - \int_1^2 \frac{1}{3}x^2 dx = \frac{8}{3} \log 2 - \left[ \frac{1}{9}x^3 \right]_1^2 = \frac{8}{3} \log 2 - \frac{7}{9} \end{aligned}$$

$$\begin{aligned} [5] \quad \lim_{n \rightarrow \infty} \left( \frac{1^2}{n^3} + \frac{2^2}{n^3} + \frac{3^2}{n^3} + \cdots + \frac{n^2}{n^3} \right) &= \lim_{n \rightarrow \infty} \frac{1}{n} \sum_{k=1}^n \left( \frac{k}{n} \right)^2 = \int_0^1 x^2 dx \\ &= \left[ \frac{1}{3}x^3 \right]_0^1 = \frac{1}{3} \end{aligned}$$

$$\begin{aligned} [6] \quad \lim_{n \rightarrow \infty} \left( \frac{\sqrt{1}}{n\sqrt{n}} + \frac{\sqrt{2}}{n\sqrt{n}} + \frac{\sqrt{3}}{n\sqrt{n}} + \cdots + \frac{\sqrt{n}}{n\sqrt{n}} \right) &= \lim_{n \rightarrow \infty} \frac{1}{n} \sum_{k=1}^n \sqrt{\frac{k}{n}} \\ &= \int_0^1 \sqrt{x} dx = \left[ \frac{2}{3}x^{\frac{3}{2}} \right]_0^1 = \frac{2}{3} \end{aligned}$$

## 11 講 積分法の応用 (1)

### 練習問題

$$[1] \quad (1) \quad \text{求める面積は} \int_0^1 (x^2 + 1) dx = \left[ \frac{1}{3}x^3 + x \right]_0^1 = \frac{1}{3} \cdot 1^3 + 1 = \frac{4}{3}$$

$$\begin{aligned} (2) \quad \text{求める面積は} \int_{-1}^2 (-x^2 + 5) dx &= \left[ -\frac{1}{3}x^3 \right]_{-1}^2 + [5x]_{-1}^2 \\ &= -\frac{1}{3} \cdot \{2^3 - (-1)^3\} + 5 \cdot \{2 - (-1)\} = 12 \end{aligned}$$

$$\begin{aligned} [2] \quad (1) \quad \text{求める面積は} \int_{-1}^2 \{x - (x^2 - 6)\} dx &= \int_{-1}^2 (-x^2 + x + 6) dx \\ &= \left[ -\frac{1}{3}x^3 \right]_{-1}^2 + \left[ \frac{1}{2}x^2 \right]_{-1}^2 + [6x]_{-1}^2 = -\frac{1}{3} \cdot \{2^3 - (-1)^3\} \\ &\quad + \frac{1}{2} \cdot \{2^2 - (-1)^2\} + 6 \cdot \{2 - (-1)\} = \frac{33}{2} \end{aligned}$$

$$\begin{aligned} (2) \quad \text{求める面積は} \int_0^1 (e^x - x) dx &= \left[ e^x - \frac{1}{2}x^2 \right]_0^1 = e - \frac{1}{2} - 1 \\ &= e - \frac{3}{2} \end{aligned}$$

$$[3] \quad (1) \quad \text{求める体積は} \int_1^2 \pi(2x)^2 dx = 4\pi \int_1^2 x^2 dx = 4\pi \left[ \frac{1}{3}x^3 \right]_1^2$$

$$= 4\pi \left( \frac{1}{3} \cdot 2^3 - \frac{1}{3} \cdot 1^3 \right) = \frac{28}{3}\pi$$

$$(2) \text{ 求める体積は } \int_0^1 \pi(x+1)^2 dx = \pi \int_0^1 (x^2 + 2x + 1) dx$$

$$= \pi \left[ \frac{1}{3}x^3 + x^2 + x \right]_0^1 = \pi \left( \frac{1}{3} \cdot 1^3 + 1^2 + 1 \right) = \frac{7}{3}\pi$$

$$[4] (1) \text{ 求める体積は } \int_0^1 \pi(e^{-x})^2 dx = \pi \int_0^1 e^{-2x} dx = \pi \left[ -\frac{1}{2}e^{-2x} \right]_0^1$$

$$= \frac{-e^{-2} + 1}{2}\pi = \frac{e^2 - 1}{2e^2}\pi$$

$$(2) \text{ 求める体積は } \int_0^{\frac{\pi}{2}} \pi \cos^2 x dx = \pi \int_0^{\frac{\pi}{2}} \frac{1 + \cos 2x}{2} dx$$

$$= \pi \left[ \frac{x}{2} + \frac{1}{4} \sin 2x \right]_0^{\frac{\pi}{2}} = \frac{\pi^2}{4}$$

$$[5] x' = e^t(\cos t - \sin t), y' = e^t(\sin t + \cos t) \text{ だから、求める長さは}$$

$$\int_0^1 \sqrt{\{e^t(\cos t - \sin t)\}^2 + \{e^t(\sin t + \cos t)\}^2} dt = \int_0^1 \sqrt{2}e^t dt$$

$$= \sqrt{2}[e^t]_0^1 = \sqrt{2}(e - 1)$$

$$[6] y' = \frac{e^x - e^{-x}}{2} \text{ だから、求める長さは } \int_0^1 \sqrt{1 + \left( \frac{e^x - e^{-x}}{2} \right)^2} dx$$

$$= \int_0^1 \sqrt{\frac{4 + e^{2x} - 2 + e^{-2x}}{4}} dx = \int_0^1 \frac{e^x + e^{-x}}{2} dx = \left[ \frac{e^x - e^{-x}}{2} \right]_0^1$$

$$= \frac{e - e^{-1}}{2} = \frac{e^2 - 1}{2e}$$

$$[7] (1) \text{ あたえられた直線と曲線の交点の } x \text{ 座標は } x = x^2 - 2 \text{ を解いて、}$$

$$x = -1, 2$$

$$\text{よって、求める面積は } \int_{-1}^2 \{x - (x^2 - 2)\} dx = \int_{-1}^2 (-x^2 + x + 2) dx$$

$$= \left[ -\frac{1}{3}x^3 \right]_{-1}^2 + \left[ \frac{1}{2}x^2 \right]_{-1}^2 + [2x]_{-1}^2 = -\frac{1}{3} \cdot \{2^3 - (-1)^3\}$$

$$+ \frac{1}{2} \cdot \{2^2 - (-1)^2\} + 2 \cdot \{2 - (-1)\} = \frac{9}{2}$$

$$(2) \text{ あたえられた二つの曲線の交点の } x \text{ 座標は } x^2 + x = 2x^2 \text{ を解い}$$

$$\text{て、} x = 0, 1$$

$$\text{よって、求める面積は } \int_0^1 (x^2 + x - 2x^2) dx = \int_0^1 (-x^2 + x) dx$$

$$= \left[ -\frac{1}{3}x^3 + \frac{1}{2}x^2 \right]_0^1 = -\frac{1}{3} + \frac{1}{2} = \frac{1}{6}$$

## 12 講 積分法の応用 (2)

### 練習問題

[1] (1) まず、定数関数  $y = 0$  は解 (←本ではこれが抜けています)

$$y \neq 0 \text{ とすると、} \int \frac{dy}{y^2} = \int dx$$

$$C \text{ を定数とすると、} -\frac{1}{y} = x + C$$

$$\text{よって、} y = -\frac{1}{x + C}$$

$$(2) \text{ まず、} \int e^{-y} dy = \int dx$$

$$C \text{ を定数とすると、} -e^{-y} = x + C$$

$$y(0) = 0 \text{ だから、} C = -1$$

$$\text{よって、} y = -\log(-x + 1)$$

[2] (1) まず、定数関数  $y = 0$  は解

$$y \neq 0 \text{ とすると、} \int \frac{dy}{y} = \int \sin x dx$$

$$C \text{ を定数とすると、} \log |y| = -\cos x + C$$

$$\pm e^C \text{ を改めて } C \text{ とおくと、} C \neq 0 \text{ で } y = Ce^{-\cos x}$$

これは  $C = 0$  のときも解

$$(2) \text{ まず、} \int \frac{dy}{y^2} = \int \frac{dx}{\cos^2 x}$$

$$C \text{ を定数とすると、} -\frac{1}{y} = \tan x + C$$

$$y(0) = 1 \text{ だから、} C = -1$$

$$\text{よって、} y = -\frac{1}{\tan x - 1}$$

[3] まず、 $y = y_0$  は解

$$y \neq y_0 \text{ とすると、} \int \frac{dy}{y - y_0} = \int (-k) dt$$

$$C \text{ を定数とすると、} \log |y - y_0| = e^{-kt} + C$$

$$\pm e^C \text{ を改めて } C \text{ とおくと、} C \neq 0 \text{ で } y = y_0 + Ce^{-kt}$$

これは  $C = 0$  のときも解

[4] まず、 $\frac{dy}{dt} = C_1 e^t + C_2 e^t + C_2 t e^t = C_1 e^t + C_2(t+1)e^t$  だから、

$$\frac{d^2 y}{dt^2} = C_1 e^t + C_2 e^t + C_2(t+1)e^t = C_1 e^t + C_2(t+2)e^t$$

$$\text{よって、} \frac{d^2 y}{dt^2} - 2 \frac{dy}{dt} + y = \{C_1 e^t + C_2(t+2)e^t\} - 2\{C_1 e^t + C_2(t+1)e^t\}$$

$$+ \{C_1 e^t + C_2 t e^t\} = 0$$

### 3 章まとめの問題

[ 1 ] ( 1 )  $t = x^2 + 1$  とおくと、 $dt = 2x dx$

$$\text{よって、} \int x(x^2 + 1)^3 dx = \int t^3 \cdot \frac{1}{2} dt = \frac{1}{8} t^4 = \frac{1}{8} (x^2 + 1)^4$$

( 2 )  $t = \sin x$  とおくと、 $dt = \cos x dx$

$$\text{よって、} \int \sin^3 x \cos x dx = \int t^3 dt = \frac{1}{4} t^4 = \frac{1}{4} \sin^4 x$$

$$\begin{aligned} ( 3 ) \quad \int x^3 \log x dx &= \int \left( \frac{1}{4} x^4 \right)' \log x dx = \frac{1}{4} x^4 \log x - \int \frac{1}{4} x^4 (\log x)' dx \\ &= \frac{1}{4} x^4 \log x - \int \frac{1}{4} x^4 \cdot \frac{1}{x} dx = \frac{1}{4} x^4 \log x - \int \frac{1}{4} x^3 dx = \frac{1}{4} x^4 \log x \\ &\quad - \frac{1}{16} x^4 \end{aligned}$$

$$\begin{aligned} ( 4 ) \quad \int (\log x)^2 dx &= \int x' (\log x)^2 dx = x (\log x)^2 - \int x \{ (\log x)^2 \}' dx \\ &= x (\log x)^2 - \int x \cdot \frac{2 \log x}{x} dx = x (\log x)^2 - 2 \int \log x dx = x (\log x)^2 \\ &\quad - 2(x \log x - x) = x (\log x)^2 - 2x \log x + 2x \end{aligned}$$

$$( 5 ) \quad \int \frac{\cos x}{\sin x} dx = \int \frac{(\sin x)'}{\sin x} dx = \log |\sin x|$$

$$\begin{aligned} ( 6 ) \quad \int \frac{x}{\cos^2 x} dx &= \int x (\tan x)' dx = x \tan x - \int x' \tan x dx = x \tan x \\ &\quad - \int \frac{\sin x}{\cos x} dx = x \tan x + \log |\cos x| \end{aligned}$$

[ 2 ]  $\lim_{n \rightarrow \infty} \left( \frac{1^3}{n^4} + \frac{2^3}{n^4} + \frac{3^3}{n^4} + \cdots + \frac{n^3}{n^4} \right) = \lim_{n \rightarrow \infty} \frac{1}{n} \sum_{k=1}^n \left( \frac{k}{n} \right)^3 = \int_0^1 x^3 dx$

$$= \left[ \frac{1}{4} x^4 \right]_0^1 = \frac{1}{4}$$

[ 3 ] ( 1 ) まず、 $\int e^y dy = \int x dx$

$$C \text{ を定数とすると、} e^y = \frac{1}{2} x^2 + C$$

$$\text{よって、} y = \log \left( \frac{1}{2} x^2 + C \right)$$

( 2 )  $xy + 2x + y + 2 = (x + 1)(y + 2)$  だから、これは変数分離形

まず、定数関数  $y = -2$  は解

$$y \neq -2 \text{ のとき、} \int \frac{dy}{y + 2} = \int (x + 1) dx$$

$C$  を定数とすると、 $\log|y+2| = \frac{1}{2}x^2 + x + C$

$\pm e^C$  を改めて  $C$  とおくと、 $C \neq 0$  で  $y = Ce^{\frac{1}{2}x^2+x} - 2$

これは  $C = 0$  のときも解