

The acceleration of mass m on a spring is equal to the spring constant k times the displacement x from the equilibrium position. We assume initial conditions $x(0) = dx/dt (t=0) = 0$.

$$m \frac{d^2 x}{dt^2} = -kx \quad [1]$$

Using $\omega_0^2 = k/m$, and using a driving force $F = A_0 \sin(\omega t)$ we get

$$\frac{d^2 x}{dt^2} + \omega_0^2 x = A_0 \sin(\omega t) \quad [2]$$

Assume a particular solution of the form

$$x = a \sin(\omega t) + b \cos(\omega t) \quad [3]$$

Substitute [3] in [2] and find

$$b = 0, \quad a = \frac{A_0}{(\omega_0^2 - \omega^2)} \quad [4]$$

In addition, we have to add the general solution to the equation

$$\frac{d^2 x}{dt^2} + \omega_0^2 x = 0 \quad [5]$$

which is

$$x(t) = c \sin(\omega_0 t) + d \cos(\omega_0 t) \quad [6]$$

So the complete solution to [2] has the form

$$x(t) = c \sin(\omega_0 t) + d \cos(\omega_0 t) + \frac{A_0 \sin(\omega t)}{\omega_0^2 - \omega^2} \quad [7]$$

Since one initial condition is $x(0) = 0$, then $d = 0$. So we now have for dx/dt

$$\frac{dx}{dt} = c \omega_0 \cos(\omega_0 t) + \frac{A_0 \omega \cos(\omega t)}{(\omega_0^2 - \omega^2)} \quad [8]$$

Because another initial condition is $dx/dt = 0$ at $t=0$, we can solve for c , giving the complete solution for the amplitude of the oscillation:

$$x(t) = \frac{A_0}{(\omega_0^2 - \omega^2)} \left[\sin(\omega t) - \frac{\omega}{\omega_0} \sin(\omega_0 t) \right] \quad [9]$$

To maximize $x(t)$, $\omega = \omega_0 = \sqrt{k/m}$ or $\omega_0 \ll \omega$.