

Define

$$h(y) = \text{Var}(X | Y=y)$$

$$= E[(X - E[X | Y=y])^2 | Y=y]$$

Sub. Y for y , to get

$$h(Y) = \text{Var}(X | Y) \left\{ \begin{array}{l} \text{conditional} \\ \text{variance} \end{array} \right.$$

$$= E[(X - E[X | Y])^2 | Y]$$

Law of total variance

$$\boxed{\text{Var}(X) = E[\text{Var}(X|Y)] + \text{Var}(E[X|Y])}$$

Proof

using variance in terms of moments:

$$\text{Var}(X|Y) = E[X^2|Y] - E[X|Y]^2$$

$$\therefore E[X^2|Y] = \text{Var}(X|Y) + E[X|Y]^2$$

Thus

$$\text{Var}(X) = E[X^2] - E[X]^2$$

$$= E[E[X^2|Y]] - E[E[X|Y]]^2$$

$$= E[\text{Var}(X|Y) + E[X|Y]^2]$$

$$- E[E[X|Y]]^2$$

$$= E[\text{Var}(X|Y)]$$

$$+ E[E[X|Y]^2] - E[E[X|Y]]^2$$

$$= \mathbb{E}[\text{Var}(X|Y)] + \text{Var}(\mathbb{E}[X|Y])$$

