



```
public class problem6_sumSquareDifference {  
    public static void main(String[] args) {  
        long sumOfSquares = 0L;  
        long sum = 0L;  
  
        // create a for loop to adjust both variables  
        separatefor (int i = 1; i <= 100; i++) {  
            sumOfSquares += (i * i);  
            sum += i;  
        }  
  
        // square the sum of the elements  
        long squareOfSum = sum * sum;  
  
        long difference = squareOfSum - sumOfSquares;  
        System.out.println(difference);  
    }  
}
```