16. (a) Since the percentage of energy stored in the electric field of the capacitor is $(1 - 75.0\%) = 25.0\%$, then

$$\frac{U_E}{U} = \frac{q^2/2C}{Q^2/2C} = 25.0\%$$

which leads to $q = \sqrt{0.250}\, Q = 0.500Q$.

(b) From

$$\frac{U_B}{U} = \frac{Li^2/2}{LI^2/2} = 75.0\% \ ,$$

we find $i = \sqrt{0.750}\, I = 0.866I$.