This equation has a steady state solution of the form

$\theta = A \sin \Omega t$. Putting this in $\Rightarrow$

$(-\Omega^2 + \omega^2) A = \frac{\Omega^2 \Lambda}{a}$, or $A = \frac{\Omega^2}{\omega^2 - \Omega^2} \frac{\Lambda}{a}$. Put this result back into the expression for z_M $\Rightarrow$

$$z_M = \Lambda \sin \Omega t + a A \sin \Omega t = \left(\Lambda + \frac{\Lambda \Omega^2}{\omega^2 - \Omega^2}\right) \sin \Omega t \text{ , or}$$

$$z_M = \Lambda \left(\frac{\omega^2}{\omega^2 - \Omega^2}\right) \sin \Omega t \text{ . But } z_c = \Lambda \sin \Omega t \text{ .}$$

$$\therefore \boxed{\frac{z_M}{z_c} = \frac{\omega^2}{\omega^2 - \Omega^2}}$$