Let
$$F(u) = \int_{a}^{u} f(t) dt$$

so by the fundamental theorem of calculus

$$\frac{dF}{du} = f(u)$$

Now let u = g(x)

so

$$\frac{du}{dx} = g'(x)$$

By the chain rule

$$\frac{dF}{dx} = \frac{dF}{du} \cdot \frac{du}{dx} = f(u) \cdot \frac{du}{dx} = f(g(x))g'(x)$$

so we have the result

$$\frac{d}{dx} \int_{a}^{g(x)} f(t) dt = f(g(x)) \cdot g'(x)$$

Example:

$$F(u) = \int_{a}^{u} \sin(t) dt$$

if
$$u = x^2$$

$$\frac{d}{dx} \int_{a}^{x^{2}} \sin(t) dt = \sin(x^{2}) \cdot 2x$$