

Given, sample data are

$$X = \{x_{ij} : 1 \leq i \leq k, 1 \leq j \leq n_i\}$$

$$\text{& } \bar{x} = \text{mean}(X) = \frac{1}{n} \sum_{i=1}^k \sum_{j=1}^{n_i} x_{ij}$$

$$\text{let } \bar{x}_i = \frac{1}{n_i} \sum_{j=1}^{n_i} x_{ij}.$$

Hence

$$\begin{aligned} & \sum_{i=1}^k \sum_{j=1}^{n_i} (x_{ij} - \bar{x})^2 \\ &= \sum_{i=1}^k \sum_{j=1}^{n_i} ((x_{ij} - \bar{x}_i) + (\bar{x}_i - \bar{x}))^2 \\ &= \sum_{i=1}^k \sum_{j=1}^{n_i} (x_{ij} - \bar{x}_i)^2 + (\bar{x}_i - \bar{x})^2 + 2(x_{ij} - \bar{x}_i)(\bar{x}_i - \bar{x}) \end{aligned}$$

But observe,

$$\begin{aligned} \sum_{i=1}^k \sum_{j=1}^{n_i} (x_{ij} - \bar{x}_i) &= SSE \quad \& \sum_{i=1}^k \sum_{j=1}^{n_i} (\bar{x}_i - \bar{x})^2 \\ &= \sum_{i=1}^k n_i (\bar{x}_i - \bar{x})^2 \quad [\text{As summand is independent of } j] \\ &= SST \end{aligned}$$

$$\text{Finally, } \sum_{i=1}^k \sum_{j=1}^{n_i} (x_{ij} - \bar{x}_i)(\bar{x}_i - \bar{x})$$

$$= \sum_{i=1}^k \left(\sum_{j=1}^{n_i} x_{ij} (\bar{x}_i - \bar{x}) + \sum_{j=1}^{n_i} \bar{x}_i (\bar{x}_i - \bar{x}) \right)$$

$$= \sum_{i=1}^k \left(n_i \sum_{j=1}^{n_i} x_{ij} - n_i \bar{x}_i \right) (\bar{x}_i - \bar{x}) \quad [\text{As } \bar{x}_i - \bar{x} \text{ is ind. of } i]$$

$$= \sum_{i=1}^k (n_i \bar{x}_i - n_i \bar{x}_i) (\bar{x}_i - \bar{x}) \quad [\text{By defn}]$$

$$= \sum_{i=1}^k 0 (\bar{x}_i - \bar{x}) = 0.$$

Hence, adding everything up, we get

$$\sum_{i=1}^k \sum_{j=1}^{n_i} (x_{ij} - \bar{x})^2 = SSE + SST + 0$$

$$= SSE + SST$$

as desired

[Note: this is very much similar to law of total revenue, also called law of conditional revenue, that is

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

\uparrow corresponds to SSE \uparrow corresponds to SST