[ABSTRACT] Provided is a frequency regulation method for regulating a frequency of a power system so that the frequency approximates to a rated frequency, the method including: measuring the frequency (S301); obtaining an SOC of a storage battery (S311); determining a base-point of power to be charged in or discharged from the storage battery (S313); determining a control variable changed from the base-point by an amount corresponding to a frequency deviation that is a difference between the rated frequency and the measured frequency (S321); and charging or discharging the storage battery based on the control variable (S322), wherein in the determining of a base-point, a third rate of change is smaller than a first rate of change and a second rate of change that are average rates of change in the base-point with respect to the SOC when the SOC is within a first range and a second range, respectively.