[ABSTRACT]

A storage battery control device (100) includes: a frequency obtainer (102); a charge level meter (101); a charging/discharging rate setter (104) which sets a charging/discharging rate which is a rate at which the storage battery is charged/discharged to approximate the power system frequency to rated frequency, according to the obtained power system frequency; a gain adjuster (103) which adjusts the charging/discharging rate according to the power system frequency and the charge level; and a charge and discharge controller (105) which controls charge and discharge of the storage battery, in which the gain adjuster (103): when (i) the measured charge level is lower than a lower limit of a normal range and (ii) the obtained power system frequency is within a first non-sensitive zone ranging from a first frequency lower than the rated frequency to the rated frequency, adjusts the charging rate to decrease the charging rate to a predetermined percentage of the charging rate; and when (i) the measured frequency is higher than an upper limit of the normal range and (ii) the obtained power system frequency is within a second non-sensitive zone ranging from a second frequency higher than the rated frequency to the rated frequency, adjusts the discharging rate to decrease the discharging rate to a predetermined percentage of the discharging rate.