

Disclosed is a method for controlling engine idling rotational speed, comprising receiving a request to turn on an electrical appliance load; controlling the operation of the electrical appliance load, adjusting an idling angle of ignition of an engine to the optimal angle of ignition, and adjusting the gas intake amount of a throttle valve to adjust the actual rotational speed of the engine until the actual rotational speed of the engine is equal to a first target idling speed and then stopping the adjustment of the gas intake amount of the throttle valve. This method ensures that fuel combustion efficiency is the highest when the engine is idling, reducing fuel consumption. Further disclosed is a device for controlling engine idling rotational speed.