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The invention relates to methods of plant ecological resistance determination and may be used in agriculture, particularly in plant selection.

Summary of the invention consists in that plant resistance is estimated by measuring the electric resistance of leaf tissue at the medium optimal conditions following the action of the unfavorable factor and following the restoration of the medium optimal conditions, with that it is considered the successive action of the medium unfavorable factors: cold, heat, dehydration and complex action thereof: cold + dehydration, heat + dehydration. According to the modification degree of the leaf tissue electric resistance it is calculated the resistance of plants to unfavorable factors and according to its medium value it is determined the plant oecological resistance.

The result consists in the expedite determination of plant reaction on the stress-factor action and plant capacity to restore its functions after optimization of medium conditions.