The primary factor is what is important for you application or infrastructure. if application go for Docker else continue to container.

Container Advantages over VM:

1) No application downtime (Like OS patching)

2) Speed, Cost, integration

3) Monolithic to microservices conversion

VM Advantages of container:

A more mature virtual environment or technology. (Like Ping is not working, you need to install with ip-utils)

A more secure environment.

Virtual Machine security and encryption is a mature technology that has been developing for years, while in Containers is still a process in development and improvement.