Results:

Graphical user interface, application, table, Excel

Description automatically generated

When the array length is small < 1000 inserting is quicker. The higher-order functions have a linear runtime, and it runs in O(n) "Big oh of n" time. The append function scales better for bigger sized arrays.

Appending is easier and quicker in arrays as it simply adds the number to the end of the array. With insertions, the number is added to the front of the array and then the rest of the numbers must slide down to the next slot in the array which is more complicated process and takes longer to run.