The physical size of the pixel’s changes depending on screen density hence it is better to avoid. Pixels is a non-relative unit which can be handy whiles percentage is relative to the parent element (either font-size or width/height).

There is no benefit to either one, hence you having let’s say 50% of 1kg or 500g depending on your application. Pixels and percentages both have their perks, but would say that the pixels would be better choice because of precision, reliability and is easier to develop.