ARRAY SIZE	INSERT TIME	APPEND TIME
extraLargeArray	1.1014888 s	4.0071 ms
largeArray	9.745 ms	581.8 μs
mediumArray	217 µs	159.8 µs
smallArray	55.6 µs	125.8 µs
tinyArray	41.9 µs	98.4 μs

Out of the 2 functions, Append Time scales better. The timing does not even get to full seconds, while Insert time is already there. If these arrays were to keep getting bigger Insert Time would be miles ahead. The reason being, push() adds the element at the very last index of the array while unshift() addes the element to the beginning, moving all other elements in the array down one index. The bigger the array, the more elements must be shifted.