Results for the extraLargeArray
insert 795.086208 ms
append 1.708375 ms

Results for the tinyArray
insert 73.125 µs
append 19.375 µs

Results for the smallArray
insert 63.959 µs
append 33.542 µs

Results for the mediumArray
insert 161.375 µs
append 53.334 µs

Results for the largeArray
insert 6.841042 ms
append 391.208 µs

	tinyArray	smallArray	mediumArray	largeArray	extraLargeArray
insert	73.125 µs	63.959 µs	161.375 µs	6.841042 ms	795.086208 ms
append	19.375 µs	33.542 µs	53.334 µs	391.208 µs	1.708375 ms

In all types of arrays, the function append works more effectively as the running times are significantly lower compared to those of function insert. Moreover, once the size of the array increase, the benefit of using append is even higher. Specifically, when the function is either tiny, or small or medium, using the append function will be faster 2-3 times compared to using insert function. When the function is either large or extra larger, the function append is around 20 or 700 times, respectively.

Hence, as a conclusion, using function append (.push) is much better in this case.