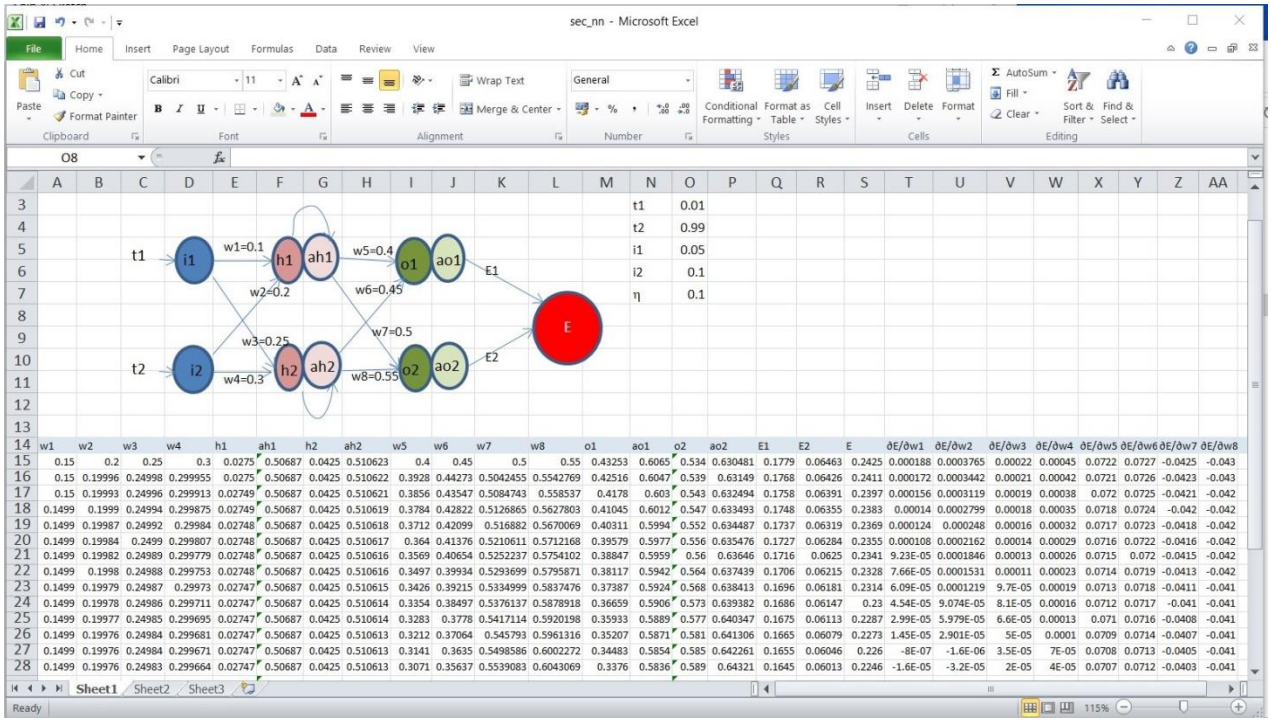
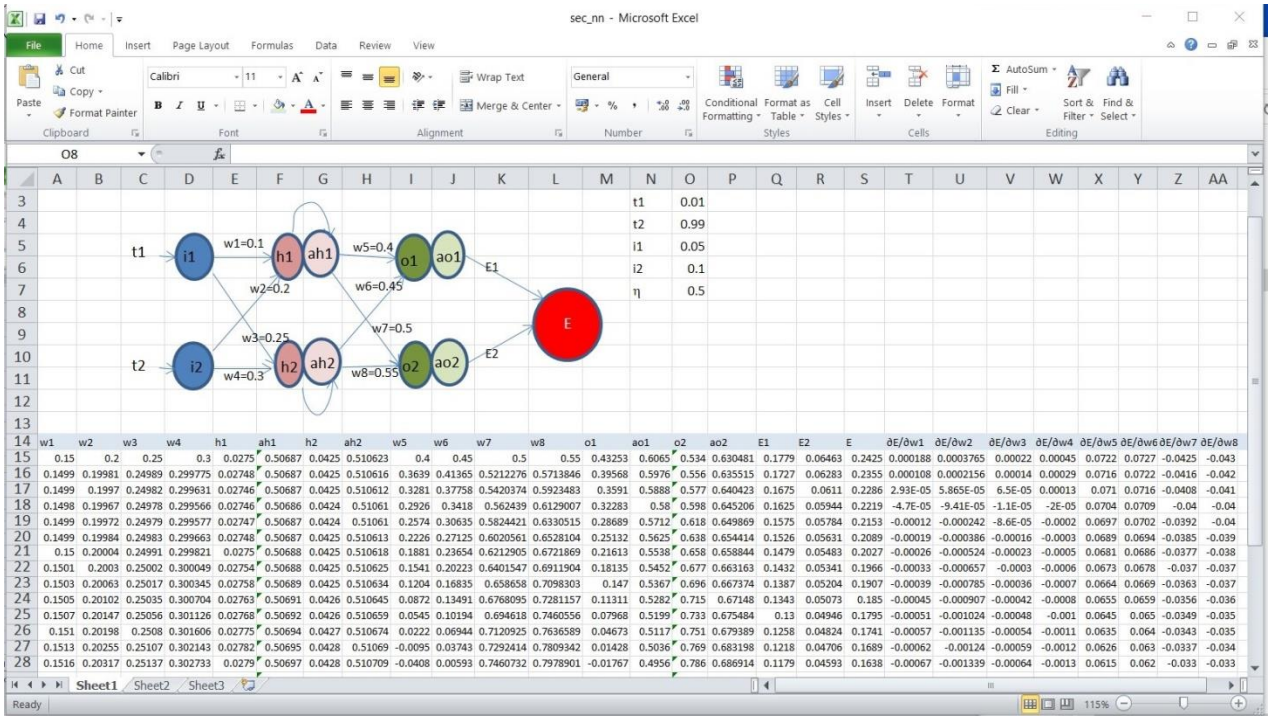
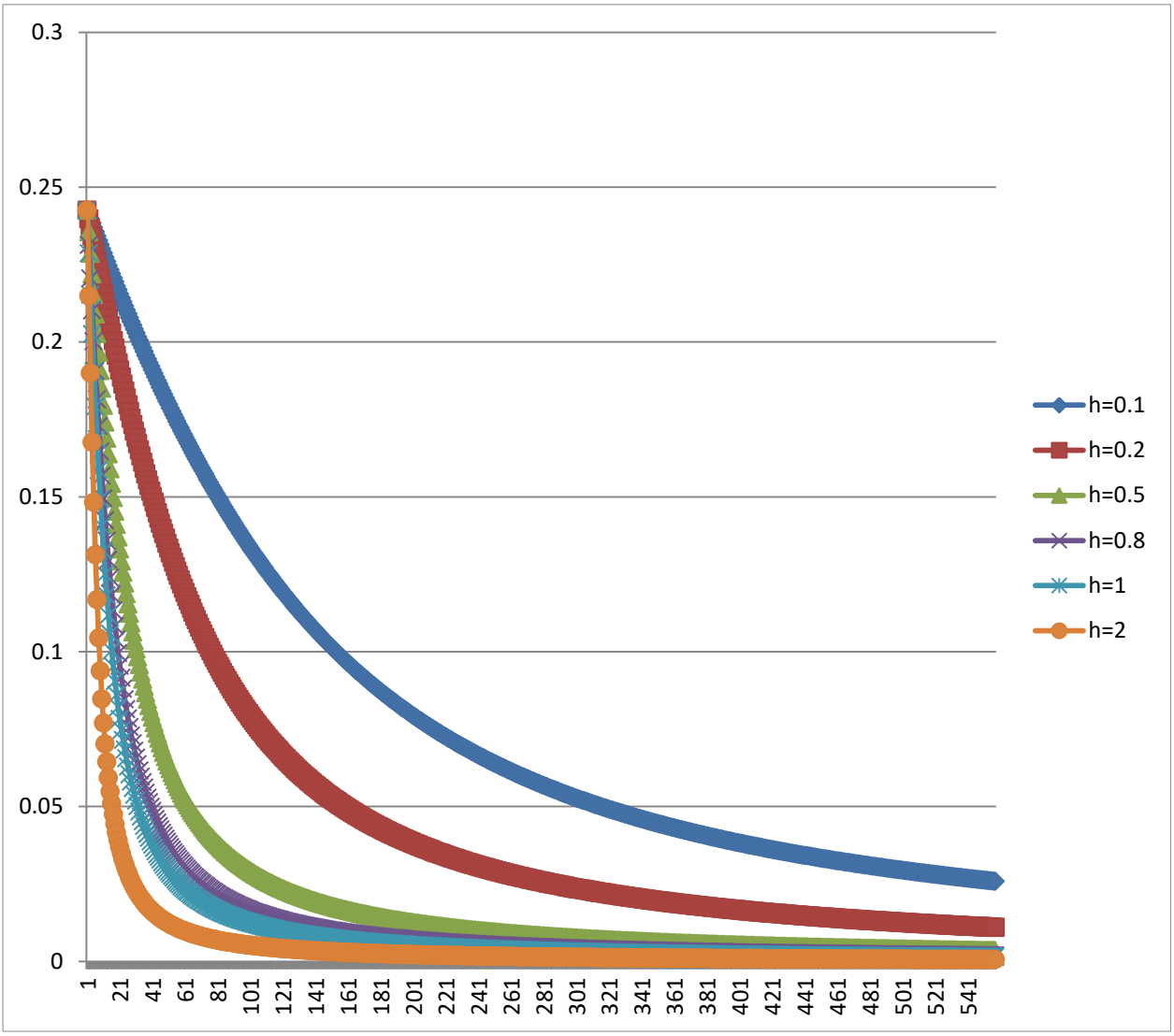
Here is the screen shot with η=0.1



Here is the screen shot with η=0.5



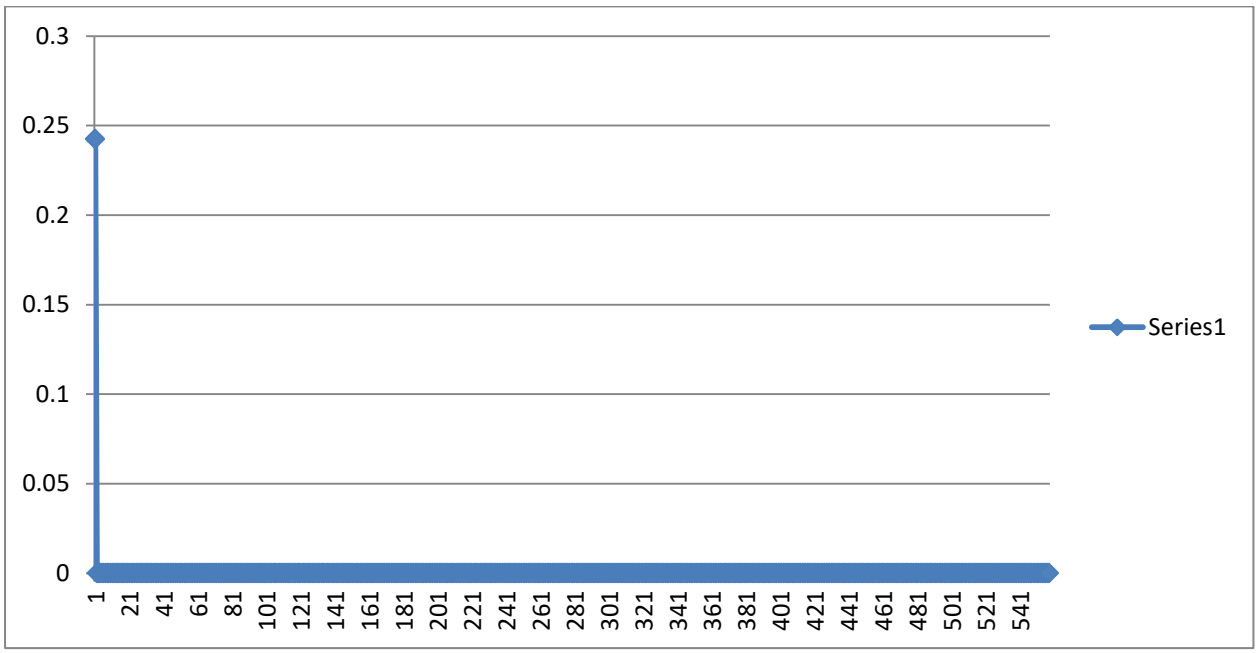
The trend in Total Error with different values of η (η written as 'h' in the chart)



The chart does show the trend, in this particular case, that larger η (here the largest value being η=2) leads to convergence to minimum loss faster than the other values. All the other values are showing a decreasing trend, as well though.

So investigate further, if we go on increasing the iterations, will we eventually lose the minima and the error will start increasing again (as has been claimed in various resources), I tried to run the Neural Network (NN) built in the excel sheet for more than 1000 iterations. But till then it didn't show any such increasing trend. May be the actual NN are not this simple and slow convergence may be better option.

Just for the sake of curiosity, I made η=100, and error became as low as 0.000043237 and went down very slowly till next 200 iterations and that's when the first significant digit changed and so on. And this is the chart I got


0.3
0.25
0.2
0.15
0.1
0.05
0
1
21
41
61
81
101
121
141
161
181
201
221
241
261
281
301
321
341
361
381
401
421
441
461
481
501
521
541
Series1