

Array	double insert time(unShift)	double append(push)
Extra Large Array.....	1.6262322280000001 s.....	4.416839 ms
Large Array.....	13.141411 ms.....	861.335 $\mu$ s
Medium array.....	215.308 $\mu$ s.....	196.168 $\mu$ s
Small array.....	60.003 $\mu$ s.....	134.361 $\mu$ s
Tiny array.....	48.93 $\mu$ s.....	118.825 $\mu$ s

While using the unShift method on the **tiny && Small** arrays was quicker than using push, as that array gets larger using push will always scale better. Push method is a lot faster than using an unShift method. When using the unShift method those array elements that are already present in the array have to shift their indexes  $O(n)$ . When using Push it just appends that element to the end of the array  $O(1)$ .  
 .push() for the win.