Faced with a choice between two options, 50% of participants chose the option that was immediately available, even if it was less desirable. This behavior is consistent with the concept of "loss aversion," where people are more likely to avoid losing something they already have than to gain something new. This tendency can have significant implications in various aspects of life, including financial decisions, health choices, and relationships. Understanding and managing loss aversion can help individuals make more rational decisions and improve their overall well-being.