This is a tough one for me. If we are talking about the politicians, I would say that they are both very hypocritical.
user1

Hi, I agree that they both are, but I would say that republicans are more hypocritical
user2

Was just about to say I would lean toward republicans more. Especially after seeing how they pushed so hard to get a supreme court justice selected before Trump left office and right before an election. Many of those same Republicans refused to do so months before Obama left office.
user1

I don't follow politics very closely so I can't really detail specific things that could prove my point right now but just speaking generally about what I observe from both sides I would say that republicans more often than democrats seem to do things that contradict their supposed stances.
user2